

The background is a solid pink color. Scattered around the text are several decorative floral or leaf-like shapes in yellow, cyan, white, and blue. These shapes are stylized and vary in size and orientation, creating a vibrant and festive atmosphere.

# Vancouver Sun Run

2023



# What is it?



It is Canada's largest 10km road race. The 10K route is a beautiful scenic course which begins in Vancouver's downtown.



## **Graminia School's Participation:**

Pre-Covid, Graminia has a ten year streak of taking large groups of students, along with other schools in our division, to this race. Students who have attended this race in the past enjoyed the momentous occasion of finishing a 10 kilometer race with close to 50,000 other people. They were also given the opportunity to take part in various planned activities like Stanley Park Bike Tours, the Vancouver Aquarium visit, Capilano Suspension Bridge, Lonsdale Quay and Granville Island Tour. To say the least, it is an experience that students will never forget.



# When is it?



- **Race Date: Sunday, April 16th, 2023**
  - Possible dates: Friday, April 14th – Monday, April 17th or Thursday, April 13th to Sunday, April 16th
  - **Cost: \$500-550 which includes:**
    - either plane fare and transportation around Vancouver OR coach bus transportation to, from, and around Vancouver,
    - hotel accommodation for 3 nights/4 days (**4 students per room**)
    - race fee, and t-shirts
    - activities (such as Granville Island Tour, Aquarium, Suspension Bridge, etc TBA)
    - **This cost may include some meals but not all**
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# Consent Form



Since it is a multi day trip, there is an extensive parent information and consent form that **MUST** be completed and returned.

**We require a NON REFUNDABLE \$200 deposit to confirm your commitment to this event.**



# Code of Conduct Expectation




Additionally, I understand that **prior** to this trip my child needs to consistently uphold the criteria in the Graminia Student Code of Conduct (<https://graminia.psd.ca/students/conduct>) and abide by Parkland School Division commitment to providing a welcoming, caring, respectful and safe learning environment that respects diversity and fosters a sense of belonging for all. **Failure to do so will result in removal of my child from the Sun Trip trip without refund.**



# Training Expectations



- \* After school training runs will be held starting mid January.
  - \* A schedule will be sent home
  - \* Participants are expected to attend and train with the team **ONCE PER WEEK.**
  - \* If students are unable to attend a weekly session they are responsible for **communicating with the lead teachers prior to the practice date AND running that distance on their own in that calendar week.**
  - \* If a student **misses 3 practices** without good reason or evidence that they are running on their own **we reserve the right to refund their trip payment (less \$200 deposit)** and fill their spot from the waiting list.
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