


In celebration of the 40th Anniversary of Terry's Marathon of Hope, our school is participating in the **VIRTUAL Terry Fox School Run** during the week of Sept. 21. We are proudly committed to raising much-needed funds for cancer research. Please consider supporting our efforts for this very worthwhile cause. **CLICK HERE TO DONATE TODAY!**

HOW DO I DO A **VIRTUAL RUN**??

OPTIONS:

1. Go outside alone or with people in your bubble and **do a 2km WALK/RUN**. If you are not near the school and you are not sure how far 2km is, download a free app like, "Map My Run", which will track how far you are going.
2. **What if it is raining or I can't go outside?** That is okay, you can still do a **RUN SUBSTITUTE**.
3. **WHAT'S YOUR 40? (NEW):**



 [Click to watch video.](#)

Run Substitutes: The following alternate exercises for running are available to all participants who are currently unable to run outside:

- **Treadmill / Air or Fan Bike** - Distance requirements are **the same** as running or walking outside/inside.
- **Bike / Stationary Bike / Peloton / Spin Bike** - A 2km run would be equivalent to a 6K ride.
- **Rowing Machine / Kayak** - A 2km run would be equivalent to 2.4km (2400 m) of rowing.
- **Ski Erg** - A 2km run would be 2.4km (2400 m) on a ski erg machine.
- **Jump Rope** - A 2km run would be equivalent to 800 jumps.
- **Stair Climb / Step Machine / Step Ups** - A 2km run would be equivalent to 800 steps.
- **Swim** - A 2km run would be equivalent to a 640m swim
- **Bear Crawl** - A 2km run would be the equivalent to a 667 m bear crawl.
- **Lateral Bounds/Ice Skaters** - A 2km run would be equivalent to 400 bounds (200 per side).

HOW DO I PROVE THAT I COMPLETED THE RUN?

Please do your run between Sept. 21 and Sept. 25. Click **HERE** to share pictures of what you did. It can be a screen shot of your "Map My Run" screen or it can be a photo of you doing the run or exercises. **WEAR YOUR SEMI GEAR AND/OR COLOURS!** Let's get this year started with some **SEMI SPIRIT!** *Don't forget to send your name and grade with your photo submissions.*

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