

**Subject:** Bialik Wolves Online Running/Walking/Riding Club  
**Date:** Wednesday, 15 April 2020 at 12:35:33 pm Australian Eastern Standard Time  
**From:** Mick Wheeler  
**To:** #Students - Year 00 ALL, #Students - Year 01 ALL, #Students - Year 02 ALL, #Students - Year 03 ALL, #Students - Year 04 ALL, #Students - Year 05 ALL, #Students - Year 06 ALL, #Students - Year 07 ALL, #Students - Year 08 ALL, #Students - Year 09 ALL, #Students - Year 10 ALL, #Students - Year 11 ALL, #Students - Year 12 ALL, #Students - Year 30 ALL, #Students - Year 40 ALL, #Staff - General Admin Activities, #Staff - General Admin Canteen, #Staff - General Admin Careers, #Staff - General Admin Communications, #Staff - General Admin Creche, #Staff - General Admin Curriculum, #Staff - General Admin Finance, #Staff - General Admin General Secretary, #Staff - General Admin Hebrew ~ JS, #Staff - General Admin HR, #Staff - General Admin Kitchen, #Staff - General Admin Maintenance, #Staff - General Admin Nurse, #Staff - General Admin Principal, #Staff - General Admin Principal Secretary, #Staff - General Admin Print Room, #Staff - General Admin Reception, #Staff - General Admin Security, #Staff - General Admin Sport Centre, #Staff - General Admin Technology Department, #Staff - General Admin Timetable, #Staff - General Admin Vice Principal, #Staff - General Admin Vice Principal Secretary, #Staff - zz ~(Scripted) Admin Staff, #Staff - Generic Logins, #Staff - Instrumental Staff, #Staff - Lab Assistants, #Staff - Library, #Staff - Shlichim, #Staff - Student Assistants, #Staff - Teachers ALL, #Staff - Teachers Creche, #Staff - Teachers ELC

**Attachments:** image001.jpg, image002.jpg, image003.jpg



Bialik Wolves would like to invite all students, staff and parents to participate in the first ever Bialik Wolves Running/Walking Championship. This event will be held for the duration of Term 2 whilst we are working and learning online from home. It will be a great way to keep fit and also do it with the Bialik Community to support and motivate you along the way. The event will track your running/walking and even riding distances which will then be placed on the leaderboard for all participants to see how well you are going. The app can either sync to your phone or running devices, but if you don't have any of those, you can manually enter the details of your activity. Once we are up and "running", we will be adding challenges and competitions on a regular basis to see our best times. This is a great way for students to remain connected outside of our normal sport lessons and will definitely keep us all fit and healthy in both body and mind. Looking forward to seeing as many as possible in the club.

To enter the fun competition please follow the directions below:

1. Download the free "Strava" app. It is better to initially sign up on your PC first but it can then run easily off your phone as you record your runs.
2. If you do not wish to download the app, you can open it in a normal web browser by going to [www.strava.com](http://www.strava.com)
3. Either within the app or on the browser, sign up to create a new log in, you can use your email address if that is the easiest or choose any of the other platforms.
4. Once in, go to the Explore tab at the top of the page and open the drop down bar and select "Clubs"
5. Search "Bialik Wolves" and then select our club, it has the blue paw print as our logo
6. Request to join the Bialik Wolves Running club.
7. I will then accept your request and you are part of the team and can get started on accumulating some kilometres. (Jenny has already got us off to a flying start!)
8. Let the fun begin, take you phone with you on your runs/walks/rides and hit the record button and this will automatically log your session details. Be sure to press stop when you have completed your route.

I look forward to seeing you all on the virtual road to health and well being!

Hope you are all staying healthy and safe.

Kind Regards

**Mick Wheeler**  
**Director of Sport**

**Bialik College**

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