



ALKIRA
SECONDARY COLLEGE



VIRTUAL FUN RUN 2020 (Mon 11th May – Friday 22nd May)

With our annual carnival day/colour run postponed for now, we'd still love to bring everyone together this term by participating in a virtual fun run. You can walk/jog/run the 2km and you can do it anywhere, anytime, as many times as you like for the next 2 weeks!

How to get involved:

Step 1: Download the app 'Bolt for Gold' on your smartphone/device by following this link bit.ly/alkira20

Step 2: Join the Alkira Virtual Cross Country Event (password: alkira)

It should take you there automatically if you follow the step 1 link, but if it doesn't simply click the 'SCHOOL' section in the app and type 'alkira' into the search bar.

Step 3: Choose your event (Girls or Boys events are for students, the Open event is for staff and parents to join in!)

Step 4: Scroll down and choose your subschool (Malloo, Cowarr, Towera or Yaan. Parents choose their favourite child's subschool)

Step 5: Once you are dressed in your active wear, have had a sip of water and warmed up – then you can hit the 'START' button at the bottom of the event page. Once you hit the start button it counts down from 10 and then you start your run!

Step 6: Once you have finished your 2km run/jog/walk – that's it! Mr C will get sent all the data and I'll put it together to award prizes once we're back at school!

Frequently Asked Questions:

Do I have to run with my phone on me?

Yes. This app uses GPS to track your run (similar to running apps like Strava, Nike Run etc)

How do I measure 2km?

You don't need to! The app starts tracking your run distance and when you've covered 2km it stops the timer and send the data to Mr C and DeeJay.

Can I run more than once?

For sure. The more runs you do the more points you gain for your subschool!

Do I have to run?

Nope. You can walk or jog. You could even open the app and start the event when you take the dog for a walk every afternoon!

Prizes

We are still determining prizes for this race, I'll update you all once it's confirmed!

Categories are below:

- Winning house overall (participation points)
- Top 20 individual time Male 12/13, 14, 15, 16, 17, 18
- Top 20 individual time Fastest Female 12/13, 14, 15, 16, 17, 18
- Top 10 Fastest Male Staff Member
- Top 10 Fastest Female Staff Member
- Top 20 Fastest Male Parent/Guardian
- Top 20 Fastest Female Parent/Guardian
- Top 10 overall distance covered (student runs multiple times over 2 weeks) Male 12/13, 14, 15, 16, 17, 18
- Top 10 overall distance covered (student runs multiple times over 2 weeks) Female 12/13, 14, 15, 16, 17, 18
- Best performing HG overall 7,8,9,10,11,12