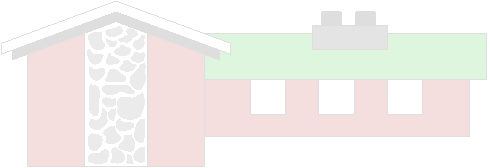
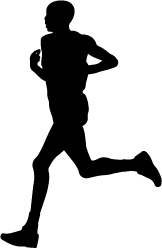
**Valley High – Walk / Run**

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**Introduction**

The *Valley High – Walk / Run* takes place each year on the first Saturday in August. This information brochure has been put together in response to a need to draw together various aspects of this annual event in the school calendar, and to make all the important information available in one document. Please glance through the contents and familiarise yourself with what is relevant to YOU. There are many role players in an event of this magnitude. Let us join together to make this year’s event truly representative of the whole school community, and one that we may all look back on with good memmories.

# Background

The run / walk event has humble beginnings. It all started six years ago when a small group of staff members decided to make a concerted effort to ‘become fit’ by taking a brisk walk around the park after school. They were joined by other members, when it became apparent that there were other benefits to be had as well – not least the opportunity to unwind after a busy day at school. One thing led to another. Enthusiastic parent and learners soon joined in, and it snowballed from there.

In 2020 it was decided to make an official school event of it: bring all parties on board, cater for the many different levels of fitness and abilty, and give scope to other talents and opportunities to ‘grow’ the school. A scheme was developed, whereby learners could be sponsored for completing an event within a certain time. The *Valley High – Walk / Run* has thus also become an important event in the fund raising calendar of the school.

**Bring a Bear**

We have since then ‘spread our wings’ so to speak and widened our horizons to embrace new and good causes. Two years ago we initiated our *Bring a Bear* scheme whereby participants can donate a teddy bear to the school’s Outreach Society: the bears are distributed to hospitals and other places of care, where their sole purpose is to make a child’s heart happy. This is not a fund raiser, but there is an incentive for participants to make a donation: their names are entered in a lucky draw that takes place afterwards.

**Health Benefits**

The value of physical activity is undisputed. In today’s world where browsers and search engines rule the landscape and electronic communication is standard, it has become more important than ever to make time to abandon the sedentary lifestyle for a while – to get out of doors and perform a stretch of exercise away from cell phones and Instagram. And what with South Africa’s legendary sunny skies (most of the time!), there really is no excuse to shake off lethargy and embrace the big outdoors.

One of the primary benefits of physical fitness is the ability to maintain a normal weight. Being overweight is one of the risk factors of metabolic syndrome, and it also contributes to high blood pressure and other maladies. Further information can be found on the internet: there are literally hundreds of sites devoted to healthy living.

**Records to Break**

Participation is more important than performance, yet it is a matter of pride for top athletes to try to better their predecessors. Here are the current record holders for each event:

|  |  |  |  |
| --- | --- | --- | --- |
| 21 km run | Kopotse, L.M. | Male | 01:56:16 |
| 10 km run | Firfrey, J. | Male | 41:20 |
| 5 km run | Mkhize, B. | Male | 19:12 |
| 8 km walk | Swart, P.T. | Female | 42:20 |
| 5 km walk | Barkhuizen, H. | Male | 24:48 |
| 2 km walk | January, K. | Female | 09:21 |

# General Information

The *Valley High – Walk / Run* has generated an extrordinary amount of interest. It has come to mean something different for everyone and many people have contacted us, either describing what the highlights of the previous year’s event were for them, or offering advice on how this social event may be made even better. The organising team has thought it worthwhile to assemble here some of the suggestions that have been received.

**Walk / Run Basics**

Everyone has a different ‘take’ on what works for them. Champions are often idiosyncratic in their preparation, but there are some common factors too. We felt that the fairest way to publish some of the more accepted “rules” of walking and running, would be to hold a survey, and to let the findings speak for themselves. Here are the results:

|  |  |
| --- | --- |
| **WALKING / RUNNING TIPS** | **VOTES** |
| Warm up properly – at least 10 minutes of walking and slow running | 259 |
| For a personal best, keep an even pace from start to finish | 224 |
| To keep safe, always walk / run facing the traffic | 221 |
| Dress appropriately – neither too much nor too little clothing | 220 |
| Don’t eat or drink anything new before or during a race | 218 |
| Wait for at least 2 hours after eating before exercise | 213 |
| Consider a new pair of shoes when the old ‘spring’ has gone | 188 |

**On the Day**

Arrive early and come prepared for what YOU will be doing. Officials and helpers will be briefed on special requirements relating to their area of involvement. Participants will know what ointments and gels work best for them, and when and where to apply them. We’re hoping for a sunny winter’s day, without wind and rain, but it is important to anticipate the worst. Spectators are advised to bring hats and sun-screen. Also, don’t forget to bring along some spare cash – the tuck shop will be in operation 😊

**Registration and Starting Times**

All contestants must first register at the registration tables, which will be inside the Sports Complex and appropriately identified for each event and age category. This is where entry fees will be paid and T-shirt numbers received. The registration table for each event will close 10 minutes prior to the start of that event. An information desk will be situated near the entrance to deal with any queries.

21 km 06:00

10 km 06:30

5 km 07:00

8 km 06:15

5 km 06:45

2 km 07:15

The first event (21 km half-marathon) starts at 06:00, which means that these runners should be warmed up by 05:45 am latest. There is a 15 minute interval between the starting times, so it is important that everyone should cooperate and get into position smartly and on time – no stragglers please!

**The Line-up**

On account of the large number of entries expected, we will be holding time trials during the first week of the 3rd term. These will be used to determine the line-up at the starting post: faster walkers and runners will be placed right in front, to prevent a recurrence of the situation which developed last year, when several ‘slow’ runners were shouldered out of the way by some of the faster ones who were anxious to squeeze past them.

**Awards Function**

There will be an official awards function in the Jubilee Hall at 10:00, by which time the last of the competitors should be ‘home and dry’. Time enough to warm down, get into a tracksuit, socialise with friends and even grab a bite to eat and something to drink (we are planning a few refreshment stalls for this purpose).

**Medals and Prizes**

The winners and runners-up in each of the six main events will be announced. The first 10 across the line in each of the events will receive a medal. Our sponsors have also offered cash prizes to the outright winners and for any records that are broken. Consolation prizes will go to the leading contenders in several other ‘fun’ categories, including:

* The most colourful walker
* The 100th person to cross the finishing line
* The first grandmother to cross the finish in any of the running events
* The first brother and sister to cross the finish in any event

**Sequence of Events**

Welcome by Deputy Principal

Short speech by Mr Goliath

Handing out of awards and prizes

Running events

Walking events

Fun events

Lucky draw

Sponsor address and closing

# Administration

Further internal meetings will take place in order to finalise various administrative aspects, and the relevant people will be notified via the appropriate channels.

**First Aid**

Injuries happen, and not least in outdoor activities and sporting events where people are expected to be exerting themselves and ‘pushing boundaries’. Accordingly a First Aid tent will be erected on the field, where an experienced sister will be available to tend to minor cuts and scratches. But please do not abuse this service: Sister Nightingale is NOT there to hand out free plasters and ointments!

**Race Officials**

A list of the parents and teachers involved, and their portfolios, is provided in the Appendix below. Keep the list at hand, and use it to contact them if you need more information:

# Closing

It is the wish of the school as a whole – not only of the School Management Team and the Governing Body – that the Walk / Run event this year should not merely go according to plan, but that is should be a resounding success, filliing more than our pockets with money and our albums with memories. It is a symbol of our striving to achieve honour, our belief in the power of social involvement and effort in order to achieve success.

**Mr J.A. Pretorius**

**Principal: Valley High School**

**Appendix: Key Personnel**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Title** | **Initials** | **Surname** | **Cell No** | **Portfolio** |
| Mrs | X. | Kopotse | 077 228 4493 | Watering tables |
| Mr | N. | Molefe | 078 418 2294 | Security |
| Ms | G.J. | Dahl | 078 748 6046 | Official – Field |
| Mr | T. | Kriel | 078 770 3270 | Official – Field |
| Mr | O. | Firfrey | 078 842 9380 | Photographs |
| Mr | J.J. | Hoosain | 079 141 7528 | Security |
| Mr | J.B. | Sanders | 079 250 5881 | Chief Coordinator |
| Mr | B. | Thomas | 079 462 3318 | Traffic |
| Mr | N. | Tregonning | 079 691 4284 | Official – Field |
| Ms | A.M. | Ashwell | 079 810 4781 | Scorekeeper |
| Ms | K. | Naidoo | 084 708 9223 | Refreshments |
| Mr | A. | Smit | 087 170 9211 | Announcer |
| Mrs | P. | Van Tonder | 082 746 8315 | Medical Chief |
| Ms | C.W. | Brickhill | 087 665 1800 | Official – Course |
| Mr | L. | Solomons | 087 967 4427 | Starter |
| Mrs | R.J. | Lemon | 088 131 7899 | Scorekeeper |
| Ms | B.F. | Kritzinger | 088 380 8595 | Watering tables |
| Mr | R.P. | Kunz | 088 798 7054 | Official – Course |
| Ms | F. | Nightingale | 088 802 2229 | Nurse |
| Ms | E. | Delcarme | 089 173 2429 | Publicity |
| Mrs | M. | Hlongwane | 089 280 4307 | Official – Course |
| Mrs | S. | Radebe | 089 674 9424 | Prefects |