

Lappe Nordic Kids Running Wild: Orienteering, Hiking, Running and Games

Fall 2018 Schedule

Thursday Sessions run from 6:00 to 7:30 pm. Activities will start promptly.

Saturday sessions run from 10:00 to 11:30 am.

Kamview Trail Runs are encouraged and fun! Registration is from 5:30 to 6:00 pm. Run starts at 6:30. Casual and family friendly.

KRW and Fall Track Attack Coordinator: Katherine Hall

Orienteering Guru: Holly Fleming

Games and Brains: Fiona McKenna and other guest coaches.

Weeks 1 to 6 Orienteering:

	Thursday	Saturday	Bonus Tuesdays
Week 1 Sept. 10 to 16	Sept. 13 6:00 pm Centennial Park Chalet	Sept. 15	Sept. 11 Kamview Trail Run Register by 6:00 pm
Week 2 Sept. 17 to 23	6:00 pm Centennial Park Chalet	Intro to roller skiing Nordmin 10:00 am	
Week 3 Sept. 24 to 30	6:00 pm Centennial Park Chalet		Kamview Trail Run Register by 6:00 pm
Week 4 Oct. 1 to 7	6:00 pm Centennial Park Chalet	Sawdust Run Lappe 10:00 am (register by Oct. 4)	
Week 5 Oct. 8 to 14	6:00 pm Centennial Park Chalet	Lappe Open House Bring a friend Orienteering - 10:00 am	Kamview Trail Run Register by 6:00 pm
Week 6 Oct. 15 to 21	6:00 pm Centennial Park Chalet		

Weeks 7 to 12 Dryland and Agility Games:

	Thursday	Saturday	Tuesday (Optional)
Week 7 Oct. 22 to 28	6:00 pm Chapples Roller Skiing	Family Hike TBD	
Week 8 Oct. 29 to Nov. 4	6:00 pm La Verendrye High School		
Week 9 Nov. 5 to 11	6:00 pm La Verendrye High School	Roller Skiing (or skiing!) TBD	Kamview Trail Run Register by 6:00 pm
Week 10 Nov. 12 to 18	6:00 pm La Verendrye High School		
Week 11 Nov. 19 to 25	6:00 pm La Verendrye High School	TBD	
Week 12 Nov. 26 to Dec. 2	6:00 pm La Verendrye High School		

Clothing and Gear

What to bring to each outing:

- Running Shoes
- Warm clothes (jacket or sweater to put on as temperature drops in the evening)
- Dry socks and shoes for the trip home, and a plastic bag for wet items.
- Water

How to dress:

During the activity participants will run through long grass and forest undergrowth. We recommend wearing comfortably fitting long pants and a long or short sleeve top.

Severe Weather

In the event of a forecast of severe weather (i.e. lightning, heavy rain and/or high winds) the session will be cancelled. A notice will be sent by email one hour in advance of the session. Sessions will not be cancelled due to rain or snow. If extreme weather threatens during a session the session will be suspended and safe shelter sought.

Parent Assistance

Each session will begin with a large group or small group game near our gathering place. Following this warm-up game there will be an orienteering/ hike/ run or other activity. This activity will be done in smaller groups. This activity will require the assistance of some parents. If you are able to assist with this please let me know.

Snack

At the end of each session we will have a potluck snack. We ask that each family bring a small healthy snack to share with the group for one of the sessions during the program. A sign-up will be available at the first session. (No Peanuts or Tree Nuts Please)

Bring a Friend

If your child would like to bring a friend to one of the sessions we ask that the friend's parent or legal guardian complete a participation waiver. The waiver is attached for you to print, get completed by the parent and bring to the session.

Questions? Contact: Kids' Running Wild and Fall Track Attack
Coordinator: Katherine Hall, kehall@lakeheadu.ca

Or Lappe Program Manager, Rena Viehbeck, 344-1973,
lappenordic@gmail.com

Lappe Nordic Ski Club Waiver

Name of Event: Lappe Games Day / Bring a Friend Event Date(s):

IN CONSIDERATION OF Cross Country Canada (hereinafter called CCC), Cross Country Ontario (hereinafter called the Host Division), Lake Superior Ski District and Lappe Nordic Ski Club (hereinafter called the Host Club) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, CCC, the Host Division and the Host Club, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of CCC, the Host Division and the Host Club, their servants, agents, sponsors, supporters, employees or volunteers. Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of CCC, the Host Division and the Host Club. In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason. I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation. I authorize and consent to the publication by CCC, the Host Division and the Host Club of any materials containing my name or picture, and I release to CCC, the Host Division and the Host Club and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material. By completing this Waiver of Liability with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by CCC, the Host Division and the Host Club, and to follow the instructions of the officials during the event.

Minor Participant Release and Indemnification As a parent or guardian

of _____ who is under the age of majority (as applicable in the participant's home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of the above-named competitor. Name of

Parent/Guardian: _____ (please print) Date: _____

Parent/Guardian Signature: _____ Witness:

_____ (please print) Witness signature:

Participant Release and Indemnification I _____ have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of the above-named competitor. Name: _____ (please print) Date:

_____ Signature: _____

Witness: _____ (please print) Witness signature:
