

Dear Parents/Guardians,

On **Wednesday September 29th, 2021**, our school is hosting the Spartan Tough Invitational Cross Country Running Meet. This fun event is division wide and there can be over a thousand participants. The run location is at Dried Meat Lake, 10 km east of the school. Students are being transported from the school by bus. Students are not required to run, but our hope is that every child be involved either by running or walking. The track is well marked and marshaled, and teachers & E.A's will be participating along with the students. Students will need to dress appropriately for the outdoor race and bring a backpack along with:

- **Coat, Sweatshirt or Sweater and a Hat**
- **Change of clothes (incase they get muddy)**
- **Plastic Bag (for muddy clothes)**
- **Bagged Lunch & Water**
- **2 Sets of appropriate footwear (Please note that the course can be very muddy and wet. Students will need two pairs of socks and footwear, so they can change shoes after the race)**

This year we are dedicating the Spartan Tough Race and the entire Battle River Race Series to Ole Heie. If you would like to read more on Ole's story and his defecation to running please see the attached letter.

The **cost of this event is \$5.00** for each child. This money is to help cover the cost of chip timing. This year we will **not be accepting cash or cheque** and all payments must be done **ONLINE ONLY** on your child's account. If you have any questions or need help paying online please contact the office.

There will be a concession offered at the race grounds for those students wanting to purchase a snack or lunch during the day. **Please note that students have a limited amount of time at the race so we do encourage students to still pack some snacks or a lunch.**

**IMPORTANT**

Please return permission forms **signed** by **Monday, September 27th, 2021**.

**PLEASE SIGN AND RETURN BOTH FORMS**

Thank you,  
The New Norway Staff



## **RACE SCHEDULE**

### **10:00 am Walk Through**

11:00 am Elementary Girls Open 2.20 km

11:20am Elementary Boys Open 2.20 km

(Elementary races have a wave start)

11:40 am Grade 7 Girls 2.20km

12:00 pm Grade 7 Boys 2.52km

12:00 pm Grade 8 Girls 2.52km

### **12:05 pm ELEMENTARY AWARDS**

12:30 pm Grade 8 Boys 3.37km

12:30 pm Grade 9 Girls 3.37km

1:00 pm Grade 9 Boys 4.40 km

1:30 pm High School Girls Open 5.04km

### **1:45 pm JUNIOR HIGH AWARDS**

2:00 pm High School Boys Open 6.72km

**\*This race also includes the general open\***

2:45 pm High School Awards

\*Some races will start at the same time but runners results/placing will be sorted according to grade - example Div 1 Boys, grade 4 boys, grade 5 boys grade 6 boys and so on. Medals and ribbons will be awarded for each race as well as some team awards.

## **NO CHANGE FACILITIES ON SITE**

### **COVID Protocols**

We will be adhering to the current protocols set out by AHS.

**Check out our school website for updates, race photos, maps, results etc.**

**<https://nnorway.brsd.ab.ca/>**

### **T-SHIRT ORDER Information**

Once again, New Norway school will be selling spartan tough t-shirts for the event. The cost of **this years t-shirts are \$20.00**. Last years t-shirts will be \$10.00. To Order a T-Shirt please login to your child's online payment account and select their size. If you would like last years t-shirt please specify online. **\*Note this years design will be similar to the photo below with some changes\***



T-shirt designed by Damien. Gr. 6

**\*\*This years t-shirt color is yellow with black graphics**

**Limited quantities available - first come first serve.**

**Youth S-XL**

**Adult S-XL**

## Run Like Ole

This past summer we lost a friend in running. Erik Olaf (Ole) Heie, passed away unexpectedly on Saturday, July 10<sup>th</sup>, 2021 at the age of 12, while running on the trails at Miquelon Lake Provincial Park. Favourite teammate, dedicated training partner, faithful friend and honourable competitor; Ole's joy and kindness will be remembered and dearly missed. One of his goals this year was to break the course record at the Spartan Tough. Below is some background information about Ole and in which, lessons we all can learn from. We have dedicated this year's Spartan Tough and the Battle River Race Series to Ole and we encourage everyone to Run Like Ole.

Ole was born on February 11, 2009 in Edmonton, Alberta, early in the morning and incredibly happy, to Robert and Leigh Heie of Kingman, Alberta. An early riser from the very beginning, Ole's infectious smile and pure joy lit up the world around him throughout his entire life. Ole was gifted in so many things and his accomplishments throughout his young life were immeasurable. He was extremely musical, where his talents extended to the ukulele, guitar, flute and piccolo. He was a proud and independent farm kid, exploring the family land with full imagination at every opportunity, working hard and beginning to learn the family business of farming. He was a conscientious student, studying in French-Immersion and the dream pupil of every Teacher's career. Ole also loved to write. He was a very talented and thoughtful writer and had one day hoped to write a book. Cross country skiing, biathlon, running, swimming, mountain biking and road cycling became important passions and talents that Ole chose to pursue, gaining endless skills and friendships along the way.

A lifelong member of the Camrose Ski Club and Jr. Vikings, nothing made Ole smile bigger than heading down the trail chasing the 'big kids' on an after-school practice! A driven and dedicated athlete, Ole recently crushed some impressive goals, powered by gummies, of course - reaching 1000 km in just the first 54 days of the last ski season, making national news with his one-day 100km ski, and completing his first ultra marathon this spring. Whether he whizzed by, blond hair flowing, on his roller skis at Mirror Lake, down the dipsy-doodles, or at a race in the mountains, Ole's adventurous passion and positive spirit was infectious to all who had the honour of sharing the trail.

From classmates to fellow athletes to coaches, Olympians, Strava and Instagram buddies around the world, teachers to music instructors, Ole was comfortable being himself and making a connection with any person, regardless of their age. He had a natural way of creating energy that motivated those around him and a determination to wish others well. Although usually one of the first to finish any race, Ole was always the last one to return to the wax tent, for he always diligently cheered every last racer across the finish line. To Ole, sport wasn't just racing, it was for seeing your friends, celebrating gains, encouraging each other and enjoying the moments. He shared his philosophy as a proud brand ambassador for the Salomon athletic company and enjoyed interacting with other enthusiasts and ambassadors from around the world.

"To give anything less than your best is to sacrifice the gift."

~Steve Prefontaine

Ole's Rules  
be kind.  
work hard.  
stay humble.  
smile often.  
encourage others.  
keep honest.  
travel when possible.  
get lost.  
never stop learning.  
be thankful.

"drink yo watta, eat yo gummies"

~Ole Heie

**FIELD TRIP INFORMED CONSENT**

Battle River Regional Division No. 31 New Norway School

**THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE AND BY A PARENT/GUARDIAN OF A PARTICIPATION STUDENT.**

**ELEMENTS OF RISK:** Educational activity programs, such as those listed below, involve certain elements of risk. Injuries may occur while participating in these activities.

**PARENT/GUARDIAN** – Initial by each activity that the student will attend. Indicate "NO" beside any activity(ies) the student is NOT permitted to attend.

P/G Initials for permission	Description of Activity	Dates	Location / Facility	Address City/Town	Transportation (ie. school bus)	Cost for Student /Parent	Elements of Risk (examples of types of injury which may result, but not limited to)	Student/Parent supplied equipment
	Spartan Tough	Sept. 29th	Dried Meat Lake	Camrose	Bus	\$5.00	Falls, Sprains, Dehydration	Running shoes & clothes

Due to inclement weather, alternative activities of similar or lesser risk levels may be substituted for the above noted activity.

The *Safety Guidelines for Physical Activity in Alberta Schools* will be followed. The risk of sustaining these types of injuries result from the nature of the activities and can occur without fault of either the student or the school board, its' employees/agents or the facility where the activities are taking place. By choosing to take part in these activities, you are accepting the risk that you/your child/the student may be injured. The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity. If you choose to participate or allow your child/the student to participate, you must understand that you bear the responsibility for any injury that may occur.

Information about the student that field trip personnel need to know for these activities: (Medical or other) \_\_\_\_\_

The Battle River Regional Division No.31 does not provide extensive accidental death, disability, or dismemberment or medical expense insurance on behalf of the students participating in these activities. The Board only provides a basic coverage with limited coverage for Battle River Regional Division No.31 students in attendance at or participating in any school activity approved and supervised by proper school authority.

**ACKNOWLEDGEMENT:** We have read the above. We understand that by participating in the activities described above, we are assuming the risks associated with doing so.

Signature of Parent/Guardian: \_\_\_\_\_ Date (Month/Day/YY): \_\_\_\_\_ Signature of Student: \_\_\_\_\_ Date (Month/Day/YY): \_\_\_\_\_

**PERMISSION:** If the student requires medical attention, I authorize the supervisor(s) to seek necessary medical treatment.

I give \_\_\_\_\_ permission to participate in the above noted activities. Emergency contact person: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date (Month/Day/YY): \_\_\_\_\_ Emergency phone number: \_\_\_\_\_

**This form may not be amended or modified in any way.**  
 If this form is amended or modified in any way, it is understood that the student named herein will not participate in the above-noted activity.