



ST JOHN THE BAPTIST BNS PA
COUCH TO 5K GRAND FINALE

ST PATRICK'S WEEK VIRTUAL 5K

Dress Up and Walk, Jog or Run

17th-24th March

Come On You Boys In Green!

Fundraiser for Accelerated Reading
Programme

Contributions to <https://gofund.me/b5555b4b>

Please adhere to Public Health Guidelines



Spot prizes – you have to be in it to win it!

If you are in a position to do so, **please donate towards the Accelerated Reading Programme for St John the Baptist Boys' National School. Full details at <https://gofund.me/b5555b4b>**

What is a Virtual Run? A Virtual Run/Walk is an event that can be run or walked from any location you choose. The St Patrick's Week Virtual 5K can be completed on any day between 17th and 24th March.

Where can I complete my Virtual Run/Walk? You should plan your run/walk route before starting your event. The run/walk should only be completed on footpaths/pathways or also on pathways within public parks. Please follow government guidelines and exercise within the advised distance from your home. By taking part in this Virtual 5K you agree that you have no health concerns about your participation. Children should be under adult supervision at all times.

Clock it! Use your Fitbit, smartphone or a stopwatch to time how long it takes you to complete your 5K route.

We want to see your 5K Journey! Please send any footage you take before, during or after your 5K experience to us (details below). If you want to dress up for St Patrick's Day while taking part in the 5K, all the better!

How do I submit my 5K time? Ask an adult to send your time and any photos or videos to us (remembering to include the names of the participants) via:

email to **pa@cashelbns.ie** or messenger to our Facebook page at **Cashel BNS Parent Association** by 10am on 25th March.

We will then share on the school website, Dojo, Google Classroom and the PA Facebook page!