

LANCASTER ROYAL GRAMMAR SCHOOL

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June 2020

LRGS Virtual Set Run for Lenten Charities

Dear Pupils

With the recent LRGS PE Department Strava Challenges being such a resounding success, the Department have decided to continue with the theme of physical activity.

We are merging tradition with physical activity and personal challenge during this difficult time and would like to launch the LRGS Virtual Set Run. The Set Run will take place on the week beginning **Monday 15th June** and we would like you to complete a run during your allocated Games Lesson. You are required to complete a 6km run (same distance as the Set Run) on a course or location of your choice and track it on your Strava Form Group.

The allocated run dates are as follows:

- Year 7 Friday 19th June
- Year 8 Tuesday 16th June
- Year 9 Monday 15th June
- Year 10 Thursday 25th June
- Year 11 Wednesday 17th June
- Year 12&13 Wednesday 17th June

If you didn't manage to sign up to Strava there is still time to register and join your form online, please download the Strava Activity Tracker app <https://www.strava.com/login> onto your phone and once you have set up your account we recommend that you change some of the privacy settings:

- **Set the *Privacy Zone* to 400m**
- **Set your profile and activities to *'Followers'* only**
- **Turn Flybys OFF**

As most of you will know the annual Set Run is an important fundraising opportunity for our Lenten Charities that you chose at the beginning of the year. Team Reece, St John's Hospice, Nishkam SWAT, Cancer Research UK, Money for Madagascar and Movember UK.

You are encouraged to gain individual sponsorship, and this can be donated via Wisepay at <https://www.lrgs.org.uk/login>

If you have any questions, please do not hesitate to get in touch with your P.E teacher via email.

Yours sincerely,

Mr S. A Clarke
Director of Sport