

Brooks Secondary Schools is Running for a Cause

Contact:

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School:

Brooks Secondary School

Process:

Brooks Secondary School started the running club back in early 2007, meeting weekly and participating in local running events. The school had eight participants successfully compete the 2007 Comox Valley Half Marathon. In 2008, the club included over one hundred different participants and as a group we collectively ran or walked over 1500 km.

The school had 17 participants in the 2008 Comox Half Marathon, and also hosted events such as two "Jingle Jogs" (Christmas-themed runs), a Fitness Run to raise money for the Cat Scan, as well as marshalled the last three Bruce Dennison Spirit Run for Bone Marrow research events in Powell River.

The school currently has 30 people training for the 2009 Comox Valley Half Marathon. It is a low-key, fun group which encourages participation.

"It is one of the most rewarding experiences of my teaching career."

– Tony Rice

People Involved:

Running club, open to participants school wide.

Key changes or results:

The running group has continued to grow so student's interest in running and activity has expanded. It's having an impact on the community through fundraising runs and participation in the Comox half marathon.

Challenges:

The challenges faced by the school were around convincing students that "their" best efforts were valued and important. Initial perceptions were that you had to be "athletic" or already fit to participate, but the running club has all levels represented...walkers, speed-demons etc.

Solutions/Keys to Success:

Quite often Brooks Secondary does timed training runs, so that the whole group starts and finishes together no matter how far or fast they travel. Once kids try and feel safe, it's easier to get the group to grow.



Next Steps:

The running club is still going strong, about 25 people are participating in the Comox 1/2 marathon on March 22, 2009. The school is hosting a running event in the spring to raise money for the local Cat Scan fund. The pedometers will be very useful for the club and PE staff are planning to use them with the PE 9 program.

Original:

Here at Brooks Secondary School in Powell River, we have started a very successful running club for staff and students.

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