

Dear NRP families,

This year we have our own Vancouver Sun Run youth team! If you are interested in running 10K with your child(ren), and joining Canada's biggest start line, please register at <http://www.vancouver.sun.com/sunrun/index.html> and search for the youth challenge team "**Norma Rose Point School**". Passphrase is "**GONRP**". There you will register for the 10km run and choose shirt size and payment option (pay via your own credit card, please DO NOT invoice the school).

If you register before February 16th, it is only \$22 for youth, and \$35 for adults. After that, it is \$32 for youth and \$40 for adults. You can no longer join a team after March 16th, (but you may choose to participate as an individual and pay \$59). <http://www.vancouver.sun.com/sunrun/entry+fees+deadlines/5568848/story.html>

PLEASE NOTE: The Youth Team division is created in order to promote youth participation; **the team ratio must be primarily youth**. Friends and families are welcome. However, please maintain the youth/adult ratio as ≥ 1 when you register.

For general questions regarding 10K race details (course, wave starts etc), please go to <http://www.vancouver.sun.com/sunrun/event+details/5568999/story.html>.

Every year there are 40,000+ entrants, so racers/families will run at their own pace. You may choose to meet with other families and run together. Please note that the NRP team won't be running together. There are NO meeting points for the whole team. Therefore adults are highly recommended to register together with your elementary school-aged child(ren).

Race Bibs and T-shirts will be mailed to Team Captain. We will send out notice for distribution once they arrive at school.

- Captain, Ni Lan (NRP parent)