



Planning for Reconciliation Run Walk Wheel events in SD8 Kootenay Lake schools

The 2025 **SD8 Reconciliation Run Walk Wheel** events will take place in our school district in the month of June. We are all Moving in Reconciliation.

We are putting together this document as a guide that schools can access for planning their Reconciliation Run Walk Wheel event. We hope you have followed along with the [Indigenous Run Walk Wheel 8 week training program](#).

1. This is a whole school event. It is organized by the Principal and members of School Teams, including AbEd Staff. Please work together as a team to plan this.
2. Choose a date during the month of June that works for your school.
3. A few school itinerary examples:
 - a. Rosemont - A class at Rosemont followed the 8 week Indigenous Run Walk Wheel program and trained hard for the 5 km. The class mapped out the route in their community neighbourhood with their teacher, and gave each classroom teacher a copy of the map. Staff were placed along the route. The whole school started outside in the school yard, listened to a few speakers speak about Reconciliation. Then primary classes went first with their teachers and walked a shorter route. The intermediate classes who trained for the 5 km ran the full route. All classes ended up back at the school field where other staff and families were cheering them on, Pow Wow music was playing, and they all celebrated reconciliation.
 - b. KRSS - Kootenay River Secondary School hosted a full school run/walk/wheel from their School to Yaqan Nuqiy school. In previous years, the school hosted a halfway point at a park where hot dogs were served! When all students arrived at Yaqan Nuqiy School, they witnessed speakers from Yaqan Nuqiy sharing their stories and talking about reconciliation.
 - c. Many schools hold an assembly at the start of the event to talk about and highlight Reconciliation. Some invite guest speakers, and a few use student participation. Build this event so it works for the school.
 - d. Some schools hold the event all day and classes come and run/walk/wheel the route when they are able to during the day.
 - e. Trafalgar - Trafalgar Middle School accesses the trails around their school for their route.
 - f. Many schools use their fields for the event. Have a staff measure the distance once around the field using their fitbit or phone app. Then, use some math to figure out how many laps around equal 1 km, 3 km, 5 km.
4. Dynamic Stretches - warm up muscles, limbs, joints and bodies with these dynamic body stretches.



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5. Static Stretches - make sure to do your static stretches after you are finished your routes!
6. The route - depending on the age group in the school, you may want to map out a route in the community neighbourhood, or access the field at your school. We recommend - Primary (K-5) - 1 km, Intermediate (6-9) - 3 km, Secondary (10-12) - 5 km. You know the students best! Plan out a route that is accessible for all levels, abilities, and ages.
7. Make a banner that represents Reconciliation for the school! We have seen banners with hand prints in the shape of a heart, banners that have the Back Pocket Reconciliation Action Plans on them. The banner helps bring visibility to Reconciliation in SD8 Schools.
8. Inclusivity - please be sure students of all levels and all abilities can access this event.
9. Work with a team! Plan with other staff in the school! Check in with the DAT if you need extra support! If you are able, you can plan an event with another school nearby! Invite families! Invite community members!

Extras!

[Notable Indigenous Long-Distance Runners in Canada](#)

CBC ShortDocs: [Run As One: The journey of the Front Runners](#)

[Native Women Running](#)

[Mid-Marathon Marriage?](#) Two Spirit couple marries at 20 mile mark

Tonia Jo Hall [shares teachings about running](#)