



The Little Hurt includes 3 legs – biking (loaner bikes available), rowing on rowing machines provided by the Olympic Peninsula Rowing Association, and trail running. The event will take place at Peninsula College. Each participant does all of the legs – there is not a relay option for Little Hurt.

Ages: 1st through 8th grade | Cost: \$15/participant



Bike

1st – 2nd grade: 0.5 miles
3rd – 4th grade: 1 mile
5th – 6th grade: 1.5 miles
7th – 8th grade: 2.25 miles



Row

1st – 2nd grade: 500 meters
3rd – 4th grade: 500 meters
5th – 6th grade: 1,000 meters
7th – 8th grade: 2,000 meters



Run

1st – 2nd grade: 0.5 miles
3rd – 4th grade: 1 mile
5th – 6th grade: 1 mile
7th – 8th grade: 1.5 miles



PENINSULA COLLEGE
1502 E LAURIDSEN BLVD
PORT ANGELES, WA 98362

MORE INFORMATION:

<https://bighurtpa.com/little-hurt/>

This is NOT a school-sponsored activity. The Port Angeles School District has neither reviewed nor approved the sponsoring organization or its program, personnel, and activities announced in this flyer. The sponsoring organization and participants agree to protect, indemnify, and hold harmless the District, its board of directors, employees and agents, from any and all claims, liabilities, damages, expenses or rights of action, directly or indirectly attributed to the organization, or its program, personnel, and activities. Permission to distribute this flyer should not be considered an endorsement or recommendation of the program by the District."

Policy No. 4060