WHY SHOULD MY SCHOOL PARTICIPATE?
• Build school community.
• Encourage fun and fitness among students, staff and families.
• Support Calvin’s student scholarships.
• Win great prizes:
  • $250 for the school team with the most participants.
  • Five $350 gift cards to Village Bike & Fitness for students, one from each of the five schools with the most registrants (minimum of 25 total registered runners required).

Our thanks to Aspen Investment Management, Inc. and Village Bike & Fitness (villagebikeshop.com).

WHO CAN BE INVOLVED?
• Runners of all ages, young and old; fast and not-so-fast. You may include teachers, parents, grandparents or other relatives and friends to participate toward your school’s total.
• Children (ages 3–9) may register for the Family Fun Run (distances of 100 yards to ½ mile divided by age group) and still be included in the D&W School Challenge and count toward your team total.

HOW DO WE START?
• Find a coordinator who will promote your school’s participation. Often this is the PE teacher.
• Recruit one or two other teachers or parents to be involved to help with details.
• Promote your team in school newsletters, Facebook pages, teacher websites, bulletin boards, etc. Schools may request posters in February.

IDEAS TO LAUNCH A SUCCESSFUL CHALLENGE
• Introduce a Runners Club where the focus is on FUN and FITNESS.
  • Meet once or twice a week during noon hour.
  • Students walk or run laps in the gym.
  • Introduce pedometers for motivation. Have a chart to keep track of students’ steps.
  • Encourage personal goals.
• Host a hall run where students set a course through the school’s hallways.
• Host a building run where students set a course outside around the school building or playground.
REGISTRATION FEES

5K RUN/WALK
• $15 student: ages 10–24
• $25 adult: ages 24 & up, by April 1; $35 per adult April 2–21

FAMILY FUN RUN
• $8 per child: children ages 3–9; distances range from 100 yards to ¼-mile, divided by age group
• Held on the Huizenga Tennis and Track Center’s indoor Sturrus Track.
• Children receive a short sleeve t-shirt and finisher ribbon.

REGISTRATION INFORMATION
School Challenge teams must register for the Calvin 5k Spring Classic Run/Walk or Family Fun Run by April 20, 2018.
• All registration is online at www.calvin.edu/classic.
• You will be asked if you are participating in the D&W School Challenge towards the end of the registration process. Answer YES.
• Select your school team from the drop-down menu.

IMPORTANT DATES AND DETAILS
• You can add members to your team until April 20, 2018.
• Registrations must be in by March 31, 2018, to guarantee t-shirt sizes. After March 31, t-shirt sizes will be available on a first-come, first-served basis at packet pick-up.
• Everyone who registers for a race will receive all of the race benefits: t-shirt, opportunity to win raffle prizes, post-race refreshments, etc.

PACKET PICK-UP AND LATE REGISTRATION
• Friday, April 27, 2018, from 4–7 p.m., Spoelhof Fieldhouse Complex, Calvin College, 3201 Burton SE, Grand Rapids, MI 49546.
• RACE DAY, Saturday, April 28, 2018, from 7–8:30 a.m., Spoelhof Fieldhouse Complex, Calvin College, 3201 Burton SE, Grand Rapids, MI 49546.

QUESTIONS?
• contact Lori Feenstra at lr6@calvin.edu or (616) 526-8425.