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).

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.

Our thanks to Aspen Investment Management, Inc. and Village Bike & Fitness (villagebikeshop.com).
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 ½-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, 2019.
• 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, 2019.
• Registrations must be in by April 1, 2019 to guarantee a t-shirt.
  After April 1, t-shirts 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 26, 2019 from 3–6 p.m., Spoelhof Fieldhouse Complex, Calvin College, 3201 Burton SE, Grand Rapids, MI 49546.
• RACE DAY, Saturday, April 27, 2019, from 7–8:30 a.m., Spoelhof Fieldhouse Complex, Calvin College, 3201 Burton SE, Grand Rapids, MI 49546.

QUESTIONS?
• contact Lori Feenstra at lrf6@calvin.edu or (616) 526-8425.