WHY SHOULD MY SCHOOL PARTICIPATE?
• To build school community.
• To encourage fun and fitness among students, staff and families.
• To support Calvin’s student scholarships.
• To have an opportunity to win great prizes including:
  • $250 for the school team with the most participants.
  • Five $350 gift cards to Village Bike Shop for students, one from each of the five schools with the most registrants (minimum of 25 total registered runners required).
  • iPad, games, cash, gift cards and more.

Our thanks to Aspen Investment Management, Inc. and Village Bike Shop.

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 Karen Muyskens 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 that goes 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

KAREN MUYSKENS 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 Karen Muyskens Family Fun Run by April 21, 2017.
• All registration is online at www.calvin.edu/classic. Look for the registration button.
• 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 21, 2017.
• Registrations must be in by April 1, 2017, to guarantee shirt sizes.
• After April 1, 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 28, 2017, from 4–7 p.m., Spoelhof Fieldhouse Complex, Calvin College, 3201 Burton SE, Grand Rapids, MI 49546.
• RACE DAY, Saturday, April 29, 2017, from 7–8:30 a.m., Spoelhof Fieldhouse Complex, Calvin College, 3201 Burton SE, Grand Rapids, MI 49546.

QUESTIONS?
• If you have questions about the D&W School Challenge, contact Lori Feenstra at lrf6@calvin.edu or (616) 526-8425.