

CALVIN SPRING CLASSIC 5K

& KAREN MUYSKENS FAMILY FUN RUN



SCHOOL CHALLENGE



Saturday, April 29, 2017 | 8:30 a.m.
Calvin College Spoelhof Fieldhouse Complex

Register online at calvin.edu/classic

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 lr6@calvin.edu or (616) 526-8425.

