

41ST ANNUAL Demarest 5K run for your health



Principal's Challenge

What is the Principals' Challenge?

The Principal's Challenge Program is a 6 week after-school training program, for K-8 students in the Demarest schools, designed to help them prepare for the Demarest 5K and/or the One Mile Fun Run. Students train with their respective school principals and teachers by participating in various fitness-based activities. Students and families who are registered for the PC Program also receive free registration for the Demarest 5K, which is scheduled on Sunday, May 18th. Once you are registered for the PC program, you do not need to register again for the 5K.

Who can participate?

All students in Kindergarten and 1st grade can participate.

What if my child has never run before?

Not a problem! The Principals' Challenge is designed to teach the basics of running and physical activity to young students!

What is the format?

Registered students will be asked to go to the County Road School gymnasium, after school dismissal, for the Principal's Challenge Program. Once attendance has been taken, students will start warming up with Mr. Mazzini and his teacher volunteers. After warm-up, students will participate in various exercises and games which encourage health and fitness. Once completed, students will be provided with a snack. At 3:45pm, students will be dismissed through the gymnasium side doors. Parents are asked to pick up their children by 3:45pm sharp.

Will it be adapted for all levels?

Of course! All levels are encouraged to join and staff will ensure that all students are instructed based on their level.

Can my child do the Principals' Challenge program if they are in the after-school program?

Yes! Just let us know if your child is registered for the After-School Program at CRS and we will make sure to escort them to their respective classroom after the PC Program ends.

Can my child walk instead of run?

Absolutely! The CRS Principal's Challenge is focused more on encouraging general fitness and well-being. The children participate in a variety of fitness-based activities, not just running. All children are welcome and there will be plenty of teachers on hand to provide support when needed.

What are the dates and times?

CRS: April 7, 21, 28, May 5, 12 3:15-3:45. Rain or Shine!

LLE: April 7, 21, 28, May 5, 12 3:15-3:45. Rain or Shine!

DMS: April 8, 22, 28, May 6, 13 3:15-3:45. Rain or Shine!

How do I sign up?

Please register at www.Demarest5K.org

Questions:

Feel free to email Demarest5K@demarestpto.org