

5K Run for Education Rocky Mountain Classical Academy Colorado Springs, CO



COLORADO
Department of Education

The Rocky Mountain Classical Academy (RMCA) recognizes the important relationship between health and wellness and student achievement. As a result, in fall of 2017, the school hosted its 7th annual 5K Run for Education, the capstone physical fitness and community wellness event within RMCA's Core Knowledge Sequence curriculum. The 5K is open to all grade levels, parents, the RMCA Community, and the entire Falcon District 49 Community.

Over the years, the 5K Run for Education has transformed from a school event to a community event. Schools from within the D49 school district participate. Runners and walkers are encouraged to wear their school colors with pride. The top overall male and female finishers each win a cash prize. The remaining top eight overall finishers also receive prizes. In 2017, the race also featured free Kid's Fun Run 50-yard dash.



Organizing the 5K is a team endeavor. RMCA's Physical Education teacher and Events Coordinator co-facilitate the event. The Events Coordinator shares: "Everyone wins. Adult registrations defray our cost and support wellness, fellowship, and athletics. Racers not from RMCA see half their adult registration fees refunded to their schools. This covers tee-shirt costs and helps fund all participating schools."

The school's Director of Strategy, Innovation, and Development shares the following advice for potential 5K planners: "Know your weather, weather, weather! Many schools do 5K runs in the spring. We moved ours to autumn for nicer weather and to not conflict with the multiple 5Ks that have since sprung up during April and May."

That said, inclement weather didn't stop the community from supporting the event. In 2016, a bad snowstorm hit the day prior to the run. The PE teacher and several volunteers cheerfully shoveled paths along the five-kilometer route, permitting the race to occur.