



The **PRINCIPAL'S CHALLENGE** starts in just **THREE** weeks!

Get your kids registered for this amazing program  
where they get to train for the 5K with Mr. Regan!

**DEMAREST MIDDLE SCHOOL**

**Starts Wednesday, March 27<sup>th</sup>**

**Meets 1 x week, Wednesdays from 3:05-4:00pm**

**All participating students will receive a free Principal's Challenge T-Shirt  
and a light snack will be provided before each training session.**

**For more information and to REGISTER go to:**

**[www.demarest5k.org](http://www.demarest5k.org)**

**Any questions?**

**Please email - [demarest5K@demarestpto.org](mailto:demarest5K@demarestpto.org)**