



# **1K PRINCIPAL'S CHALLENGE**

*The Penn State Roaring Lion's Cross Country and Track team is once again asking the principals in the local elementary schools to challenge their students to our second annual 1K Fitness Challenge. The event will be held on Saturday October 12th. Last year, we had 5 Fayette County principals respond, along with 135 children.*

*We are, once again, excited to partner up the 1K challenge with the **Fayette County Drug and Alcohol Commission**. The event will serve as a kickoff event for Red Ribbon Week. **Red Ribbon Week** is an alcohol, tobacco, and other **drug** and violence prevention awareness campaign observed annually in October. This year's week will be October 21-25 in Fayette County.*

*The event will not only serve as challenge for fitness, but also introduce other concepts to achieving a healthy and happy lifestyle. Each child that participates will **receive an event t-shirt and goodies** and we will also have fun activities after the run.*

*We ask that you challenge yourself and your students for this event. There will be awards for all runners and for top school and top principal. Last year, Laurel Highlands Middle School was top school and Mrs Howard from Ben Franklin was top principal. They need to be tested.*

*If you are unable to personally participate, we ask that you ask an active teacher to do so in your place.*

*For questions about the event, to let us know you are participating or if you would like to help out with planning, please let us know. Our contact information is below.*

*Thank you,*

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