

## 5K Club Presented with National Flag from US Capitol Building

Anton Delgado '16, Apr 29 2016

St. Andreans serving the greater community through physical presence and healthy living: this is the motto of the SAS 5K Club, founded by students and faculty this past winter. The main purpose of the club is to connect students to some of the many local fun run/5K footrace fundraisers in our area. The 5K Club is not a fundraising group, but rather a club that hopes to give students opportunities to take part in fundraising runs, and to show their support for our local communities and good causes, rather than simply making a donation to that cause.

On April 10<sup>th</sup>, 5K Club racers put their motto to the test. Eight runners, led by math teacher Bowman Dickson and Associate Director of Admissions Taylor Foehl, competed in the [Governor's Race for Excellence](#), a 5K for Jobs for Delaware Graduates (JDG). Founded in 1979 by then-Governor Pete duPont, JDG is a school-based dropout prevention program that prepares students for the transition to post-secondary work or education, by helping them building a purposeful path to and through college and/or rewarding careers. More than 50,000 students have participated in the program, which operates in 36 schools throughout the Delaware.

St. Andrew's runners had a blast, despite the 8:00 a.m. Sunday departure from school, and unseasonably frigid winds at race time. Turnout was strong both among St. Andreans and at the race in general. "Never before have I seen such a large group of community servants sweeping the competition," noted runner Ben Horgan '19. At least one runner from every Form competed in the race, which added to the dynamic of the team. After the run, the 5K Club was lucky enough to meet U.S. Senator for Delaware Tom Carper, who came by the race to support the cause and greet the racing teams. Impressed by the large turnout from a small school—in fact, St. Andrew's was the largest school group competing in the race—Senator Carper later gifted St. Andrew's with a national flag previously flown over the Capitol Building in Washington, D.C. State Senator Nicole Poore came to St. Andrew's campus to present the School with the flag on Thursday, April 28.

The 5K Club is hoping to sponsor participation in three or four more races this spring. With a solid start of ten committed members, the club's goal is to have an even larger group of students looking forward to these Sunday morning runs.