

# “One-Hour Distance Challenge”

Sponsored by the  
Solanco Cross Country & Track Alumni Association



Solanco High School Track

June 11, 2022

“Under the Lights”

(severe weather date June 12)

Registration & Check In 5:30 – 6:00 PM

Individual Pre-Race Meeting: 6:00

Individual Race & Walkers: 6:15 – 7:15

Relay Teams Pre-Race Meeting 7:15 PM

Team Relay 7:30– 8:30

High School Relay Awards 8:30PM

**Celebrate SLCXC  
Running Fun & Teamwork  
Music & Door Prizes**

The 2021 Solanco Cross Country & Track Alumni Association will be hosting a one-hour race and team relay on Saturday, June 11<sup>th</sup> at the Art Harrington Track Complex at Solanco High School. Registration is open to all of our SLCXC student-athletes, families, alumni, and friends of SLCXC.

The event will feature two races, one for **individuals** and another race for **relay teams of 4 runners**. Individuals and relay teams will attempt to log as many miles as they can during the one-hour run on the Solanco High School track.

We will also be featuring two special categories this year. The “**Walk with Waggs Challenge**” which will occur during the individual race. This event is for those who wish to walk at their own pace or along with former SLC Coach John Waggoner. We will also be featuring a special category this year, the “**Lancaster Lebanon League Cross Country Team Division**”. We have invited our LLLXC friends to join us in the sport that we love! We will have awards for the members of the 3 top LLL high school relay teams (both boys & girls). *Coaches and family members of the visiting schools are also welcome to participate as individuals or as relay teams.*

The cost of this event will be \$25 for individual runners and each member of the relay teams. All registered participants will have an opportunity to pick fantastic running merchandise from our prize table throughout the evening.

A lap counting sheet and clipboard will be provided to all individuals and teams. *All individuals and relay teams are responsible to have their own lap counter for the event.*

Same day registration will be accepted but **advanced registration is strongly encouraged by June 1<sup>st</sup>** to assure a successful event.

*The Solanco XC & Track Alumni Associations primary purpose is to support the Solanco XC & Track programs through encouragement and support. The largest percentage of our proceeds fund the Coach Art Harrington and Coach Lee Rhodes Scholarships.*

**In the event of a severe weather event such as “thunder and lightning” the event will occur on Sunday, June 12<sup>th</sup>. Notification of severe weather cancelation will be posted at [www.solancoxc.org](http://www.solancoxc.org) by 4PM on the 11<sup>th</sup>.**

Questions? 717-519-7058