

# Solanco 1 Hour Distance Challenge

June 14 @ Solanco High School

The Solanco XC & Track Alumni Association will be hosting its annual **"1 Hour Distance Challenge"** on **Saturday, June 14th at the Solanco High School Track.**

The 1 Hour Distance Challenge is a family fun event. We would love to encourage everyone to come out and visit and participate in the challenge. The main purpose of the challenge is to walk, jog, or run the most distance as you can in 1 hour. This type of event was quite popular in the 1970s. If you do not want to participate in the challenge, please come out anyhow bring a lawn chair and come out and enjoy and visit with Waggs, Har, and a whole host of other legends.

We will be having several divisions during the event, with all divisions occurring at 7PM. We will have a walker division, individual division, and team relay division. The team relay will feature teams of 4 runners who will log as many miles as possible by alternating legs of 400 meters or more per runner. Teams can be men, women, or mixed. If you are unable to put together a team of 4, you are welcome to form teams of 2,3,5,6 or more.

We will also have a Lancaster/Lebanon High School League Team division. More than 1 team from a school is welcome to register. It should be a great way for our LLL runners to get to know each other and have fun doing the sport they love!

We will have awards for the members of the top 3 high school teams (boys, girls and mixed teams). We would encourage registration as early as possible so we can prepare for additional prizes for the prize table.

**All registered participants in the event will have an opportunity to pick from the prize table which includes running socks, gift certificates, assorted running items, and merchandise.**

Thank you so much for sharing this event with friends and family!

***Please use the attached registration, copy additional forms or download at [www.solancoxc.org](http://www.solancoxc.org)***

Severe weather - rain date is Sunday, June 15<sup>th</sup> (same times)

Please do not hesitate to contact me with questions:

Craig Ausel

[causel410@comcast.net](mailto:causel410@comcast.net)

text or call: 717-519-7058

FYI: The men's world record is 21,330 meters (13.25 mi), set by [Mohamed Farah](#) on 4 September 2020, while the women's world record is 18,930 meters (11.76 mi), set by [Sifan Hassan](#) on the same day.

*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, Coach Lee Rhodes and Coach John Waggoner Scholarship Funds.*