

From: Coach Craig Ausel <causel410@comcast.net>
Subject: Solanco XC & Track Alumni & Family Event



Radar for tonight has cleared for us! Come out and walk, jog, run, or bring a lawn chair and spend some time with Har at the track!

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

The 1 Hour Distance Challenge is a family fun event. We would love to encourage everyone to come out 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 a visit with Waggs, Har, and a whole host of other legends.

We will have a walker, individual, and team relay divisions all starting at 7PM.

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. All participants will be required to have their own lap keeper to record their laps.

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 pre-registration as early as possible so we can prepare for additional prizes for the prize table if needed.

Registration, Social Hour, Kid and Family Games 6:00 - 7:00

Distance Challenge & Walkers 7:00 - 8:00

Awards 8:15

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.



Solanco Cross Country and Track Alumni Association

Details and registration forms can be accessed at www.solancoxc.org

Questions: Call Coach Ausel @ 717-519-7058

[Unsubscribe](#)