

Saturday, 8/22/26 MCHS XC TEAM
Run-A-Thon Day
(and Track Facility Clean-up activities!)



Meet at MCHS TRACK ~10 min. before each shift!

8/22/26 Time	6 Hour Run-A-Thon (at MCHS Track)
4PM-5PM	Seniors
5PM-6PM	Freshman
6PM-7PM	Sophomores
7PM-8PM	Juniors/Seniors
8PM-9PM	Seniors

Other activities at MCHS, besides the Run-A-Thon include:

- **Helping to clean-out the storage/equipment sheds, organizing equipment**
- **Hanging up the new MCHS Track/XC School Record Board**
- **Cleaning up around track facility, including pulling weeds in stadium area**
- **BBQ or Pizza/Potluck at 6PM (need 2-3 parent volunteers to help)**
- **Movies up to 9PM at MCHS Track (need a projector unit and movies)**
- **If you're waiting for a shift, OK to stick around, hang-out at the MCHS track and catch-up on your homework, we will have games (corn-hole, spike ball, badminton, dodge ball, touch football, volleyball and ultimate frisbee) going on all day...!**

GO PUMAS!!!