

Hello all,

Some dates from today's meeting. Here are some upcoming events.

9-23, Trails 4 Tails. This is a 8 mile loop that can be run for any distance up to 40 miles or as a relay.

We can still use volunteers and have room for more runners.

9-30. Biathlon for 2 and 5K. We are running the clock for this. At Codorus State Park near the band shell.

10-14. Hillside 5K. We are running the clock.

11-11. Hawk Hustle 5K

If anyone can help at any of these, please reply back or contact Jim.

Thanks

Kev