

## Alumni/Parent 2 x 2K relay and Foodfest Potluck

Thursday, July 28 (we meet at 5:30 pm, race at 6pm)

Seneca Park



Our annual Alumni/Parent relay will be held this year on Thursday, July 28, at Seneca Park. We're asking the girls to arrive at 5:30, with the race expected to begin at 6pm. After the race, we'll congregate for some refreshments and scintillating conversation. If we're lucky, perhaps someone will step up to entertain us with a little singing and/or dancing. ☺

### Relay info:

Relay teams will consist of 2 people and there are no batons. We run the race on the old CSAA 2K course (1.25 miles), which is in the back area of Seneca Park near the basketball courts. There's a course map available at the team website (<http://crosscountry.ahsdistance.org>). We'll meet in our usual location by the tennis courts, warm up, look over the 2k course, and then start at about 6:00 pm.

Prior to the race, everyone is invited to set up their own relay teams in advance. Parents, alumna and family members are all invited to participate in the relay along with the girls. If anyone would rather not form their relay team in advance or is unable to do so, then we can match them with someone that morning.

The race operates as follows. All the first relay runners on each relay team start as a group. As the first runners finish, their relay partner will then start and run the same 2k course. Although we expect the girls on our team to run hard, parents and non-team runners can run at whatever pace they prefer or as their fitness allows. This is not a high pressure event, the main emphasis here is to have fun.

### Food and Drink assignments (for after the run):

After the relay, we'll have our "Foodfest potluck". We'll need a few folding tables on which to place refreshments (if there are parents with such tables).

Food/drink assignments are:

Freshmen and Sophomores: bring finger food (baked goods, fruit, etc.)

Juniors and Seniors: bring drinks (e.g. Powerade, Gatorade, water, etc.)

The team will provide the napkins, plates, cups, utensils, etc., and some plastic trash bags.

We strongly encourage everyone to attend as this makes the event much more fun for all of us.

*In the hopefully unlikely event we get rain, then we'll still run the race unless conditions are hazardous - but may relocate somewhere else after the race for our post-race Foodfest.*