

Hempfield Run for Fitness

Wednesday, September 16 @ 4:45 PM @ Landisville Middle School

We are excited to introduce a new fitness opportunity this year for our elementary students (K-6) here at Hempfield!!

What is the Hempfield Run for Fitness?

The Lancaster County Run for Fitness is a program hosted by Manheim Township Recreation to promote fitness and running for elementary aged students in Lancaster County. Participating districts host their own races, with the top 5 winners from each grade (Boys and Girls) getting an invite to the Run for Fitness Championship at Overlook Park on Sunday, September 27th.

How it Works:

Hempfield and the Hempfield Cross Country team will host their own Run for Fitness races on **Wednesday, September 16th starting at 4:45pm** in the fields behind Landisville Middle School (see map below). Each grade will run a distance appropriate to their age (see the chart below). The top 5 boys and top 5 girls from each grade will receive an invitation to the Lancaster County Championship Race mentioned above.

How long is each race?

Grade	Distance
Kindergarten and 1 st Grades	¼ Mile
2 nd - 5 th Grades	½ Mile
6 th Grade	1 Mile

Will there be support and direction provided for the runners!

Absolutely! Athletes, coaches, and parents from our Hempfield Middle School and High-School cross country programs will be on site to help our young runners get warmed up, show them the course they will be running, and cheer them on as they race!

Do I need to register my child/children up for this race?

Yes please! Use the [link](https://forms.gle/VeQ5qsGAZNs4QPyp9) provided to let us know your child will be coming to the race. We will also welcome registration at the race.

<https://forms.gle/VeQ5qsGAZNs4QPyp9>

What should we bring to the race?

Dress appropriately! Shorts, a t-shirt, and sneakers will likely be appropriate this time of year! Bring a water bottle. It can still be warm in mid-September. Water and fruit will be available for all runners!

Is there a cost?

NO!

Where is the race?

Landisville Middle School: 340 Mumma Dr., Landisville, PA 17538



If you have any questions, please reach out to our local race director:

Scott Podgurski @ scott_podgurski@hempfieldsd.org