

Summer Solstice Hill Climb –

June 21st, 2023

Odell Park, near the Lodge, about 5:45 pm.

The entry fee is as usual, a few cans or so of non-perishable food products or a monetary donation if you forget your food products at home. It will be donated to the Food Bank or the Community Kitchen.

There will be a signup sheet and we shall proceed to the Start area along the main trail where final instructions will be given.

As in the past, there will be a token of some sort given as you begin your next Loop each time. It is supposed to assist you with counting your laps.

Do your loops for a full 30 minutes and you are done.

There may or may not be some Draw prizes. We will all meet near the Lodge to present the newly refurbished trophy to the winner. First Woman First Man.

All are welcome walkers, runners, joggers and whatever.

PS I have always been a fan of the Fulton 5 km; you know clockwise one year and counter-clockwise the next year. Guess which way we go this year? By Gum your right COUNTERCLOCKWISE.

Double your pleasure and of course, double your pain. PLEASE DO THIS SENSIBLY. Not all of us are young anymore.

For another slight change all walkers will be given a 10-minute head start (no running cheaters only cheat themselves) and thus have a total of 40 minutes. This just might even things up a little bit and make it a nightmare for me and my staff. Just remember” . . . there is no finish line. . .”

Event Organizer: Steve Scott