



MIHS Cross Country Needs Volunteers!

Hello MIXC Families!

We hope that all of your runners enjoyed the first official practice this morning. As the season gets underway this week, we have a few volunteer needs. Please review the volunteer opportunities below, and click through to the signup genius (link is below) if you are able to help. Thank you!

Wednesday, 8/24: we need one volunteer to drop off three gallons of chocolate milk and 60 paper cups at MIHS at 8:00am. This will help refuel our athletes after they run up and down Tiger Mountain.

Thursday, 8/25: we need three volunteers to help time the 3K time trial at Pioneer Park. You will need to download the "XCMeet" app before coming. Meet at the NW quadrant of Pioneer Park, at the entrance closest to SE 63rd St and ICW. You'll be done by 10:30.

Wednesday, 8/31: we need 3 volunteers to help with uniform distribution. Meet at 2:30 at MIHS, outside of the west doors by the wrestling room..

[Click here to sign up!](#)

Thanks in advance for your help!

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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