

**THANK YOU** for supporting...

# *ST. MICHAEL CROSS COUNTRY!*

2025 GENTS & LADIES...  
**REGIONAL CHAMPS!**



...and its Fifth Annual ***HOURLY of POWER*** fundraiser!

**Wednesday, October 14 at 4:00pm at Bayfront Park!**

*So... just what is this 'Hour of Power?'*...

All 31 Guardian runners & coaches will run (more or less) continuously for 60 minutes!

We ask that you make a monetary 'pledge' (see flip side) for each mile that we complete!

For example... Say we run 200 total miles and you pledge 50c/mile...  $200 \times \$0.50 = \$100.00$

Too much math for ya? **Please feel free to donate a fixed amount, and/or directly at...**

[www.stmichaelchesterton.org/donate/](http://www.stmichaelchesterton.org/donate/)

...select "Cross Country" from drop-down menu and name sponsored runner, if any, in Comment box!

**ALL DONATIONS APPRECIATED! NO DONATION IS TOO SMALL!**

**Thanks & God bless you for your support!**

# A St. Michael tradition — in its ninth season of excellence!



## PROGRAM ACHIEVEMENTS (since 2018)

- ✓ Gents... Regional Champs, FOURTH at State in 2025!
- ✓ Ladies... First-time Regional Champs, TENTH at State in 2025!
- ✓ Gents... 'Top Ten' finishers at State for last SEVEN years!
- ✓ Gents... Regional Champs or Runner-up for last SEVEN years!!
- ✓ Fourteen All-State performances in program history!
- ✓ Nine program graduates advanced to run at college level!



## YOUR PLEDGE for the *HOUR of POWER!*

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone(s) \_\_\_\_\_

Pledge per Mile \$ \_\_\_\_\_ x \_\_\_\_\_ (team miles) = \$ \_\_\_\_\_

OR... Pledge a 'Fixed Amount' (not mile based) = \$ \_\_\_\_\_

Return pledges to Coach Rudnicki at [LRUDNICKI@STMICHAELCHESTERTON.ORG](mailto:LRUDNICKI@STMICHAELCHESTERTON.ORG) or 719-650-6149.

Please make checks to 'St. Michael High School' a non-profit 501(c)(3) charitable organization (EIN #83-1363787).



ST. MICHAEL HIGH SCHOOL  
A CHESTERTON ACADEMY