

Viking Grind

2022



The Viking Grind returns in 2022 after a successful debut in 2021. Gather your friends and participate in one of the Grind options this year. All proceeds are again being donated to JOY (Jonestown Outreach Pantry) and Northern Lebanon Mini-Thon.



Viking Grind 2022 Options

	4.0	4-Mile Fun Run at 4:00 P.M. April 29 th	\$30
	4x4x24	Six 4-Mile Runs/Walks between 4:00 P.M. April 29 th & May 1 st 12:00 P.M.	\$40
	4x4x48	Twelve 4-Mile Runs/Walks every 4 hours from 4:00 P.M. April 29 th - May 1 st 12:00 P.M.	\$50
		Register @ https://www.runreg.com/viking-grind-4x4x48-challenge	
		Donate @ https://www.pledgereg.com/viking-grind-4x4x48-challenge	
		https://www.facebook.com/Viking4x4x48Grind	
NL Mini-Thon is hosting a community event with food trucks and games starting at 5:00 P.M at NLHS			
<ul style="list-style-type: none">Form a team with your friends and raise money for NL-Mini Thon and JOY Pantry:<ul style="list-style-type: none">Each team only needs one participant for each of the sessions (6 for 4x4x24 or 12 for 4x4x48)All participants receive an event t-shirt			Begins April 29th, 2022 @ 4:00 P.M. Northern Lebanon High School 345 School Drive Fredericksburg, PA 17026

Four Diamonds is the parent organization of Mini-Thon. The Four Diamonds mission is to conquer childhood cancer by assisting children and their families through superior care, comprehensive support and innovative research.

JOY Panty Mission Statement: Our MISSION is to provide food to alleviate the struggles of the food insecure residents of the Northern Lebanon School district.