



**6 PM FRIDAY JUNE 14 THROUGH
5 PM SATURDAY JUNE 15**

7TH ANNUAL ONE MILE AN HOUR - 24

The 7th One Mile an Hour is set for Fri/Sat June 14-15. We'll be running one mile each hour for 24 straight hours, starting at 6 pm. We hope you will join us for one or more of those miles, to support teen & veteran suicide prevention and mental health awareness programs offered by the Mental Health Association in DE. Visit www.onemileanhour24.com for more information on the event and how you can participate. Or visit us on Facebook, at Facebook.com, search One Mile an Hour.

Map out a mile in your neighborhood, take pics and post them to your favorite site (#onemileanhour24) OR **Join us in-person for one or all 24 miles on the campus of Appoquinimink High School (1080 Bunker Hill Road) in Jaguar Stadium.**



To donate, visit www.mhainde.org, CONTRIBUTE.

(Under OPTIONAL INFO, please mark in honor of One Mile an Hour)

THE 7TH ANNUAL ONE MILE AN HOUR - 24

**WE'LL BE RUNNING ONE
MILE AN HOUR, EVERY
HOUR, AT THE TOP OF
THE HOUR,
FOR 24-HOURS**

**THIS YEAR'S EVENT
FEATURES BOTH VIRTUAL
AND IN-PERSON OPTIONS**

**JOIN US AND WALK, JOG
OR RUN ONE, TWO OR
ALL 24 MILES**

**HELP SUPPORT TEEN &
VETERAN SUICIDE
PREVENTION AND
MENTAL HEALTH
AWARENESS PROGRAMS**

