



2019 SUSQUEHANNA RIDGE RUNNERS CLUB 31st ANNUAL WINTER SERIES



The 2019 Susquehanna Ridge Runners Club Winter Series is a series of races held over 4 consecutive Sundays. Each race will begin at 2 p.m. with registration opening at 12:45 p.m. New for 2019: To limit the time our volunteers must be on the course, walkers will have an earlier designated start time. Races will be run regardless of weather. For safety reasons, race courses may vary due to weather and road conditions.

RACE DATES, DISTANCES, LOCATIONS, & INFORMATION:

(NOTE: Registration for all events is at the Snyder County Senior Center located at 8 Water Street, Selinsgrove, PA. There is a parking lot directly across the street and public lots located a block north and a block south of the Senior Center. Parking is also available at Pine and High Streets, behind the bank and across from the borough building.)

- * **JANUARY 27, 2019** - 5K (3.1 miles over mostly flat terrain, out and back) in Selinsgrove, PA
- * **FEBRUARY 03, 2019** - 5 miles (through rural countryside with hills) in Selinsgrove, PA
- * **FEBRUARY 10, 2019** - 2.5 miles (flat and fast, out and back) in Selinsgrove, PA
- * **FEBRUARY 17, 2019** - 6.5 miles (through rural countryside with hills) or 1 mile Fun Run (flat, out and back) in Selinsgrove, PA

Electronic Timing Provided by:



AMENITIES: A specially designed sweatshirt for all who *pre-register* for all 4 events. There will also be numerous door prizes & refreshments! (NOTE: You will not receive a sweatshirt unless you pre-register or register for all 4 events on or before the first race.)

ENTRY FEE: \$35 entry fee (for non-**SRRC** Members) if pre-registering for all 4 races - only \$30 for **SRRC** Members! (You must pre-register on or before January 27, 2019 to receive a sweatshirt.) \$7 for each race if registering on race day - no sweatshirt.

SPONSORS:



INFORMATION: If you need additional information, if you would like to volunteer at one or all of the races, or if you would like to donate door prizes for, or bring refreshments to, any of the race events, please call race director, Mark Sullivan at 570-374-7585. Note: those who volunteer in advance for all 4 events will receive a 2018 Winter Series sweatshirt.

ENTRY FORM: Please complete entire entry form, detach, and mail with entry fee to: ROBIN SULLIVAN
BOX 100
FREEBURG, PA 17827

MAKE CHECKS PAYABLE TO: **SUSQUEHANNA RIDGE RUNNERS CLUB**

ENTRY FORM (please print)

NAME: _____ / SEX: MALE FEMALE / AGE: (on race day) _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP CODE: _____ TELEPHONE: (____) _____ EMAIL: _____

SWEATSHIRT SIZE (Check one. Youth should select adult Extra-Small): Extra-Small Small Medium Large XL 2XL 3XL

ENTRY FEE: (If entering all 4 races) \$35 / non-SRRC; \$30 / SRRC or \$7 each race / non-SRRC or SRRC Members (no sweatshirt)

WAIVER: In consideration of the acceptance of my entry, I waive all claims for myself, my heirs and assigns against the **SUSQUEHANNA RIDGE RUNNER CLUB**, all sponsors, and any individuals or municipalities associated with this event, and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am physically fit and have sufficiently trained for this event.

SIGNATURE (of participant): _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN (if runner is under 18 years of age): _____