

# SOUTH PENN ROAD RUNNERS

## SUMMER SERIES 2010

### "RUN FOR FUN"

A series of weekday runs designed for runners of all abilities. **ANYONE CAN WIN.** All are invited and encouraged to come and "Run for Fun."

Race No. 1	May 4	4.9 miles Handicap	Meet at Long Arm Dam Grand Valley Rd/Beck Mill Rd parking lot
Race No. 2	May 18	4 miles Relay	South West High School Teams will be determined by runner's best times.
Race No. 3	June 1	3 miles Predicted Time	Codorus State Park Marina Off Route 216
Race No. 4	June 15	4.5 miles Team Run	Sheppard & Myers Dam Teams will be determined by runner's times
Race No. 5	June 29	3 mile cross country Poker Run	South West Cross Country Course at South Western High School (Breezewood Lane)
Race No. 6	July 13	3 miles Handicap	Yingling Drive - Turn on Smith Station Rd from 116 Turn left on Yingling Dr., at Bethel Church
Race No. 7	July 27	3.25 miles Predicted Time	Hanover High School
Race No. 8	August 10	4 miles Predicted Time-Team Run	Codorus State Park Boat Launch Area At Band Shell Area Teams will be determined by runner's best times.

- All runs will be held at 7:00 p.m.
- Fee South Penn RRC members - \$1.00 / race or pre-register for all 8 races for \$7.00  
Non-members -\$2.00 / race or pre-register for all 8 races for \$14.00
- Awards:
  - \* Special award for running 7 of the 8 races.
  - \* Ribbons to first five teams or individuals at each race.
  - \* South Penn RRC member point system - Series overall winners receive trophies (Male and female, 1st and 2nd place)
- Water will be provided.
- Restrooms available at some races.
- All distances are approximate.
- For more information and directions call Jim Roller at (717) 632-1433 8:00 a.m. - 3:00 p.m.  
or email Jon Schmeyer at sprrcjon@aol.com or www.sprrr.fws1.com

DETACH HERE

2009 SUMMER SERIES

SIGN UP EARLY

Mail to:

SOUTH PENN RRC  
P.O. BOX 608  
HANOVER, PA 17331  
www.sprrr.fws1.com

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail: \_\_\_\_\_

Club Member? Y N

Best 5k last year \_\_\_\_\_

Shirt Size M L XL XXL (for completing 7 of the 8 races)

Best 5m last year \_\_\_\_\_

I hereby waive all claims against the South Penn Road Runners Club or property owners for injuries which may result from participation in these events.

Signature (of parent if a minor) \_\_\_\_\_