

The Valley's Fastest Man / Women Mile Series 2018

Meal Prep Grind Mile – July 25th

SRRC MILE # 2 – August 8th

Breaker Brewing Co. Giants Despair Mile – August 22nd

REGISTRATION: This flyer or at runsignup.com/Race/PA/Dallas/TheValleysFastestManMileSeries. Race day registration from 5:30 to 6:45 PM at event venue.

THIS FORM CAN BE USED TO SIGN UP FOR INDIVIDUAL RACES ALSO.

ENTRY FEES: Series price is \$40.00 ,Individual Races : \$20 for the Giants Despair Mile and \$15.00 for the others individually.

AWARDS: See the reverse side of this form for important information regarding the series.

INFO: Contact race director Chris Wadas via email (at chris.wadas@gmail.com) or on (570)592-2820.

ALL INFO MUST BE LEGIBLE AND COMPLETED IN FULL TO BE ELIGIBLE FOR AWARDS AND PRIZES

Name:[_____]Date of Birth[_____] Age[___] Gender: M[___]F[___]

Address:[_____]Email[_____]

Select Series[___] OR Races #1[___]Race #2[___]Race #3[___]

Projected Track Mile Finishing Time: [_____]

Additional awards party tickets (additional \$10.00 each): Enter count[___]

Waiver: I hereby assume all risks of participating and/or volunteering in this activity or event and, on behalf of myself, all listed dependents, my and their families, heirs, successors, assigns, and anyone claiming any interest through us or on our behalf (the "Releasing Parties"), waive, release, indemnify, and agree to hold harmless the Susquehanna River Runners Club, Misericordia University, Swoyersville Borough and Laurel Run Borough, RunSignUp.com, event sponsors, event vendors, and all personnel and volunteers involved in or providing services relating to the activity or event (the "Released Parties") from and against any and all actions, suits, claims, damages, and liability (including attorneys fees and costs) (the "Released Claims") arising out of, or in any way in connection with this activity or event, including but not limited to Released Claims related to personal injury, disability, death, property damage, and property theft, even if the Released Claims were caused by the negligence of the Released Parties or any other person. I am aware and am thoroughly informed of the inherent risks of participating in the activity or event. I understand that there are dangers and risks inherent in these activities, including risks of minor and serious injury, heart attack, stroke, paralysis, and death. I attest that I and all listed dependents, are in good health, have sufficiently prepared or trained for participation in this activity or event, have not been advised by a qualified medical professional to not participate in the activity or event or any similar activity or event, and that there are no health-related reasons or problems precluding participation in this activity or event. I grant full permission for organizers to use photographs, video, quotations, and/or the likeness of myself and all listed dependents for legitimate accounts of this event and promotion of the Susquehanna River Runners Club. I also agree that my entry fees (if any), once paid, are non-refundable. By signing this waiver, I acknowledge that I have read, agree to, and fully understand the terms of this waiver and agree thereto in consideration the Susquehanna River Runners Club, allowing me to participated in this activity or event. I attest that I am authorized and have full authority to make this waiver on behalf of all listed dependents.

PARTICIPANT SIGNATURE [_____] Date:[_____]

Signature of Parent or Legal Guardian if under 18 years of age:[_____]



Venue Information

- **Race #1:** July 25th, 7 PM, Meal Prep Grind Mile. Race venue is Misericordia University's Mangelsdorf Field ,at 301 Lake Street in Dallas. The race will be contested over a rubber all-weather track. Multiple heats will be run if warranted. Please note your projected finishing time when entering.
- **Race #2:** August 8th, 7 PM,. SRRC Mile # 2 . This race will be located on a half mile loop around the Kingston Rec Park located on Third Ave , Kingston , Pa ,18704. The race will run twice around the loop. The loop is paved with some down sections in it .
- **Race #3:** August 22, 7 PM, The Breaker Brewing Co. Giants Despair Mile. Race venue is on E. Northampton St. at the parking lot on the left past Shannon Street, at the base of the mountain. The race starts near the parking lot and is run up Giants Despair which has one major hill with approximately 650 feet of elevation change. The course will be closed to traffic from 7:00 to 7:20 PM. Bonus and awards presentation and after party will be inside Breaker Brewing Co. after the race at 787 E Northampton St, Wilkes-Barre Township with parking and entrance behind the brewery on Lehigh Street. Those signed up for the mile series and individual race will be invited inside for the after party. The GPS coordinates for the race are 41°13'23.3"N 75°51'55.5"W.
- **Series Age Group Awards**
19 and under , 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Series Awards

Plaques to Top 3 male and female finishers, Top male and female masters and medals to top three in each age group!

Cash prize of 100 dollars to top male and female overall in the series. Awards party after in Breaker Brewing Company's Brew Pub. Healthy meal option available.

Bonus Awards

Breaker Brewing Co. Giants Despair Mile: \$20 voucher for Breaker Brewing Co. to top male and female finisher and top master male and female up the hill! \$10 voucher to top male and female in each age group. \$5 voucher to all entrants. Individual race entries and mile series entries are eligible for bonus awards for this race.

Elite Division

Send resume to chris.wadas@gmail.com for consideration.

Group Pricing

Contact chris.wadas@gmail.com for group pricing.

Duplication of Awards

There will be no duplication of awards.

Send Entries: Checks payable to: Susquehanna River Runners Club



SRRC c/o Chris Wadas
261 Tripp Street
Swoyersville, PA 18704

The Susquehanna River Runners Club reserves the right to accept or reject any entry.

The Susquehanna River Runners Club wishes to thank Misericordia University, the boroughs of Laurel Run and Kingston and their police, fire, and EMT departments, and the Pennsylvania Department of Transportation, for their valuable assistance in holding this race series.