



# 2011 SUSQUEHANNA RIDGE RUNNERS CLUB



# WINTER SERIES RACES

The 2011 Susquehanna Ridge Runners Club Winter Series will consist of 4 Sunday races & 1 Fun Run. Each race will begin at **2 p.m.** with registration opening at **12:45 p.m.** **PLEASE NOTE:** All races will be run regardless of weather. For safety reasons, race sites and courses may vary due to conditions.

**RACE DATES, DISTANCES, LOCATIONS, & INFORMATION (NOTE: ALL RACES WILL TAKE PLACE IN SELINGSGROVE, PA.):**

- \* **JANUARY 30, 2011** - 5k (3.1 miles over mostly flat terrain, out and back) in Selingsgrove, PA. (Registration and start at the Selingsgrove Community Center located in the basement of the Snyder County Library at Pine and High Streets.)
- \* **FEBRUARY 06, 2011** - 5 miles (through rural countryside with hills) in Selingsgrove, PA. (Registration and start at the Selingsgrove Community Center located in the basement of the Snyder County Library at Pine and High Streets.)
- \* **FEBRUARY 13, 2011** - 2.5 miles (flat and fast, out and back) in Selingsgrove, PA. (Registration and start at the Selingsgrove Community Center located in the basement of the Snyder County Library at Pine and High Streets.)
- \* **FEBRUARY 20, 2011** - 6.5 miles (through rural countryside with hills) and / or 1 mile Fun Run (flat, out and back) in Selingsgrove, PA (Registration and start(s) at the Selingsgrove Community Center located at Pine and High Streets.)

**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 at the *first* race for all 4 events.)

**ENTRY FEE:** \$25 entry fee (for non-**SRRC** Members) if pre-registering for all 4 races - only \$22 for **SRRC** Members! (You must pre-register on or before January 30, 2011 to receive a sweatshirt.) \$5 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 2011 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  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ AGE: (on race day) \_\_\_\_\_  
 TELEPHONE: (\_\_\_\_) \_\_\_\_\_ SWEATSHIRT SIZE (Check one):  Small  Medium  Large  Extra-Large  
 ENTRY FEE: (If entering all 4 races)  \$25 / non-SRRC;  \$22 / SRRC or  \$5 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): \_\_\_\_\_