



# 2006 SUSQUEHANNA RIDGE RUNNERS CLUB



# WINTER SERIES RACES

The 2006 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:

- \* **JANUARY 29, 2006** - 5k (3.1 miles over mostly flat terrain, out and back) in Middleburg, PA. (Registration and start at the Middleburg Courthouse located on Rt. 522. Parking lot available behind courthouse on Willow Street.)
- \* **FEBRUARY 05, 2006** - 5 miles (through rural countryside with hills) in Selinsgrove, PA. (Registration and start at the Selinsgrove Community Center located in the basement of the Snyder County Library at Pine and High Streets.)
- \* **FEBRUARY 12, 2006** - 2.5 miles (flat and fast, out and back) in Selinsgrove, PA. (Registration and start at the Selinsgrove Community Center located in the basement of the Snyder County Library at Pine and High Streets.)
- \* **FEBRUARY 19, 2006** - 6.5 miles (through rural countryside with hills) and / or 1 mile Fun Run (flat, out and back) in Selinsgrove, PA (Registration and start(s) at the Selinsgrove Community Center located at Pine and High Streets.)

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

**ENTRY FEE:** \$20 entry fee (for non-**SRRC** Members) if pre-registering for all 4 races - only \$16 for **SRRC** Members! (You must pre-register on or before January 29, 2006 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 2006 Winter Series sweatshirt.

**ENTRY FORM:** Please complete entire entry form, detach, and mail with entry fee to: MARK 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)  \$20 / non-SRRC;  \$16 / 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): \_\_\_\_\_