

SOUTH PENN ROAD RUNNERS

SUMMER SERIES 2024

"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 7	4.9 miles Handicap	Meet at Long Arm Dam Grand Valley Rd/Beck Mill Rd parking lot
Race No. 2	May 21	4 miles Relay	South West High School Teams will be determined by runner's best times.
Race No. 3	June 4	3 miles Predicted Time	Codorus State Park Marina Off Route 216
Race No. 4	June 18	4.5 miles Team Run	Sheppard & Myers Dam Teams will be determined by runner's times
Race No. 5	July 2	3 mile cross country Team Run	South West Cross Country Course at South Western High School (Breezewood Lane)
Race No. 6	July 16	3 miles Handicap	Heidelberg Township Park Route 116 (York St) East of Hanover at Porters Road
Race No. 7	July 30	3.4 miles Predicted Time	Hanover High School
Race No. 8	August 13	4 miles Predicted Time Run	Codorus State Park Boat Launch Area At Band Shell Area

- 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 may be provided.
- Restrooms available at some races.
- All distances are approximate.
- For more information and directions call Gail Plank at 717-969-5211 8:00 a.m. - 3:00 p.m.
or email: SouthPennRRC@Gmail.com or visit our website at: www.yorkadamstennis.org/about-4

DETACH HERE

2024 SUMMER SERIES

SIGN UP EARLY

Mail to:

SPRRC
C/O YACTA
225 BOWMAN ROAD
REAR BUILDING
HANOVER, PA 17331
www.yorkadamstennis.org/about-4
Club Member? Y N
Best 5k last year _____
Best 5m last year _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-Mail: _____

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

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) _____