

SOUTH PENN ROAD RUNNERS

SUMMER SERIES 2020

"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 5	4.9 miles Handicap	Meet at Long Arm Dam Grand Valley Rd/Beck Mill Rd parking lot
Race No. 2	May 19	4 miles Relay	South West High School Teams will be determined by runner's best times.
Race No. 3	June 2	3 miles Predicted Time	Codorus State Park Marina Off Route 216
Race No. 4	June 16	4.5 miles Team Run	Sheppard & Myers Dam Teams will be determined by runner's times
Race No. 5	June 30	3 mile cross country Poker Run	South West Cross Country Course at South Western High School (Breezewood Lane)
Race No. 6	July 14	3 miles Handicap	Yingling Drive - Turn on Smith Station Rd from 116 Turn left on Yingling Dr., at Bethel Church
Race No. 7	July 28	3.25 miles Predicted Time	Hanover High School
Race No. 8	August 11	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: SouthPennRRC@Gmail.com or visit our website at: www.sprghanover.org

DETACH HERE

2020 SUMMER SERIES	SIGN UP EARLY	Mail to:
Name _____	Phone _____	SOUTH PENN RRC
Address _____		2 INDUSTRIAL DR.
		HANOVER, PA 17331
		www.sprghanover.org
City _____	State _____	Zip _____
E-Mail: _____		Club Member? Y N
Shirt Size M L XL XXL (for completing 7 of the 8 races)		Best 5k last year _____
		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) _____