

# SOUTH PENN ROAD RUNNERS

## SUMMER SERIES 2023

### "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 2	4.9 miles Handicap	Meet at Long Arm Dam Grand Valley Rd/Beck Mill Rd parking lot
Race No. 2	May 16	4 miles Relay	South West High School Teams will be determined by runner's best times.
Race No. 3	May 30	3 miles Predicted Time	Codorus State Park Marina Off Route 216
Race No. 4	June 13	4.5 miles Team Run	Sheppard & Myers Dam Teams will be determined by runner's times
Race No. 5	June 27	3 mile cross country Team Run	South West Cross Country Course at South Western High School (Breezewood Lane)
Race No. 6	July 11	3 miles Handicap	Heidelberg Township Park Route 116 (York St) East of Hanover at Porters Road
Race No. 7	July 25	3.4 miles Predicted Time	Hanover High School
Race No. 8	August 8	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 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](http://www.sprghanover.org)

DETACH HERE

2023 SUMMER SERIES

SIGN UP EARLY

Mail to:

SOUTH PENN RRC  
2 INDUSTRIAL DR.  
HANOVER, PA 17331  
[www.sprghanover.org](http://www.sprghanover.org)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail: \_\_\_\_\_

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

Club Member? Y N

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) \_\_\_\_\_