



The Susquehanna Valley Chamber of Commerce & Visitors Center hosts the 2nd Annual

M.A.G. Run

The Melissa A. Glenn memorial 5K Fall Flash

Saturday, November 6, 2010

~ Professional timing services by Pretzel City Sports of Reading, Pa. ~

Run proceeds benefit the Susquehanna Valley Chamber of Commerce & Visitors Center

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

WHAT: The Fall Flash is a unique 5K course beginning in Wrightsville on Hellam Street (Route 462) at 3rd Street (at the Post Office.) Participants cross the scenic Veterans Memorial Bridge for 1.5 miles, looping around Second Street (porta toilet and water available) on the Columbia side, and return to finish at the Wrightsville starting point. The road is closed to vehicular traffic throughout the run. The course starts downhill, leads to a flat area over the bridge and back, finishing with an incline.

WHERE: Participants may pre-register (application below) or register the day of the run. Registration takes place at the Wrightsville Elementary School gymnasium beginning at 7:30 a.m. The school is located behind the Post Office at 3rd and Hellam Streets. Volunteers will be on hand to assist you with parking instructions. Award presentations made following the run in the gymnasium. Drinks available at the finish line and in the gym.

- **Early Number Pickup:** Friday, Nov. 5 from 10 a.m. to 6 p.m. at S.V.C.C. at 445 Linden St. in Columbia.

**Pre-registered runners: If you are not doing early number pickup, please stop by the gymnasium to obtain your runner number.*

WHEN: Fall Flash is held annually on the first Saturday of November. This year: Saturday, Nov. 6
7:30 a.m. – Registration begins
8:30 a.m. – Run begins followed by – award placement/door prizes in gym at approx. 9:45 a.m.

HOW: Early registration fee is \$15 (before Oct 29) Complete the form below and submit a \$15 check/money order/ or MC or Visa credit card number to SVCC by Oct. 29. Entries after Oct 29 are \$20. Run T-shirts are available for the first 250 registrations received. *Size requests will be honored to the best of our ability but size may be substituted.*


RESULTS: 1, 2 and 3 mile marked. Finish line and timing service by Pretzel Time Sports. Race results submitted to local newspapers posted at our website and at pretzelcitysports.com.

PRIZES: Door prizes using runner number are drawn post-race in school gym. Must be present to win. Medal and \$25 will be presented to Overall Male and Female Champion and Overall Male and Female Masters (50 plus years) Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years and 80 plus years.

DIRECTIONS:

- From the West (York): Rt. 30 East to Wrightsville exit. Right off ramp onto Cool Creek Road.
- From the East (Lancaster): Rt. 30 West to Wrightsville Exit. Left off Ramp onto Cool Creek Road:
- Continue: Left at signal light onto Rt. 462 (Hellam St.) Follow Hellam St. to 4th Street where volunteers will assist you into event/registration area at Wrightsville Elementary School at 3rd & Hellam St. Please see “Where and When” sections above.

REMEMBER: Pin your number to the FRONT of your shirt. Leave the bottom tear-off portion UNPINNED so it can be removed quickly at the finish line!

 **REGISTRATION: MAG 5k Run** Complete this portion. Detach and mail. Include \$15 early registration fee before October 29. Late registration fee \$20. T-shirts guaranteed to first 250 registrations; size requests might be substituted. Checks payable to SVCC, or by Credit Card: Visa or MC: Number _____ Exp. _____

Name _____ Address _____
Phone _____ City _____ State _____ Zip _____
E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size (circle one)
Youth L
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Northwest Savings Bank, The Susquehanna Valley Chamber of Commerce and Visitors Center, the Boroughs of Columbia and Wrightsville, the Townships of Hallam and West Hempfield and those in their employ, the Counties of Lancaster and York, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to SVCC and mail to: PO Box 510, Columbia, PA 17512 (717) 684-5249 ♣

svcc@parivertowns.com