



presents the  
**8th annual MAG 5k Fall Flash**  
**Saturday, November 5, 2016**

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

Proceeds benefit the Susquehanna Valley Chamber of Commerce and Visitors Center, a non-profit organization serving the communities of Columbia, Marietta, and Wrightsville.

**About The Run**

The Fall Flash is held annually on the first Saturday of November. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. Please, no pets.

Fall Flash boasts a unique 5k course. It begins in Wrightsville at 3<sup>rd</sup> and Hellam Streets. Participants cross the scenic Veterans Memorial Bridge for 1.5 miles, looping around Second Street on the Columbia side, and return to finish at the 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, and finishes with an incline. As a courtesy to help you judge your pace, miles 1, 2 and 3 will be marked. EMS is on site on Wrightsville & Columbia bridge entrances; a water and rest stop is available on the Columbia side.

Pre-register by mail, email, fax, or in person through Friday, November 4 at 6pm. Register on the day of the run at the Wrightsville Elementary School.

**Schedule:** 7:30 am – New registration begins (gym area of Wrightsville Elementary)  
 7:30 am – Pre-registered runners pick up bibs/shirts (school lobby)  
 8:30 am – Run begins  
 9:45 am – Medals & door prizes in gym (approximate time)

**Directions**

GPS users: The school is located at 300 Chestnut Street, Wrightsville.

- From the West (York): Take Rt. 30 East to the Wrightsville exit. Bear right off the ramp onto Cool Creek Road. See the "Continue" section below.
- From the East (Lancaster): Take Rt. 30 West to the Wrightsville Exit. From the ramp, turn left onto Cool Creek Road.
- Continue: Turn left at the signal light onto Rt. 462 (Hellam St.) Follow Hellam St. to 4<sup>th</sup> Street where volunteers will assist you to the registration area at Wrightsville Elementary School and to available parking areas.

*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!*

**Before the Run**

- Pre-register through Friday, November 4 at 6pm.
- Registrations received through October 21 qualify for the early entry fee based on shirt selection: \$20 for a short sleeve T-shirt; \$25 for a long sleeve T-shirt; or \$30 for a hoodie. These items are guaranteed before the run.
- Entries received after October 21 are \$25 and include *only* a short sleeve T-shirt. T-shirts will be given to these registrants while our supply lasts. Shirts are not guaranteed to those who register on the run day.

To register, complete the form below and submit check, money order, or credit card number (Visa, MasterCard or Discover) to SVCC. Include all your information, including shirt size. *Size requests will be honored; a size will be selected for you if one is not indicated.*

Once we process your registration, bib numbers will be posted on our website and updated weekly. Check this information to verify gender and age. Call us to correct inaccuracies. **Confirmation cards will no longer be mailed.** Knowing your bib number before the race is helpful but not required.

**Early pick up** will be available on Friday, November 4 from 10 am to 6 pm at the SVCC Visitors Center (445 Linden St, Columbia). *If you pre-register but do not pick up your shirt or contact us by 8:30 am on the run day, you forfeit the shirt.*

**After the Run**

Results will be posted within 48 hours of the Fall Flash at [www.PretzelCitySports.com](http://www.PretzelCitySports.com).

Medal presentations in the gym follow the run. Light refreshments will be available at the finish line post-run.

**Awards and Medal Categories:** A medal and \$100 will be presented to the Overall Male and Female Champions; a medal and \$50 will be presented to the Male and Female Masters (50 plus years). Medals will be awarded to the top three (3) male and top three (3) female finishers in each of the following age brackets: *14 and Under, 15-19 years, 20-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65-69 years and 70 plus years* of age. Medals not claimed after two weeks of the run day will be forfeited. Contact SVCC to claim your medal if you did not receive it at the awards ceremony.

**Door Prizes (Must Be Present To Win):** Door prizes will be awarded through random drawing post-race in the school gym. Door prizes are donated by local businesses. In addition, there will be three cash drawings for \$100, \$50 and \$25.

**REGISTRATION: LCSWMA MAG 5k Fall Flash** Complete this portion. Detach and mail. Include early registration fee (see pricing above) before October 21 OR late registration fee \$25. *See explanation of fees and shirt availability above.*

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Please print  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Gender: **M F**

**PAYMENT:**

- Cash, money order, or check **made payable to SVCC**
- Credit card number: \_\_\_\_\_ Exp. \_\_\_\_\_ CVC \_\_\_\_\_  
(Visa, MasterCard, or Discover accepted)

**Shirt Selection**  
*(check one option; circle size)*  
 Options ONLY by pre-registration until October 21.  
 Short sleeve T @ \$20 entry fee  
 Long sleeve T @ \$25 entry fee (Adult sizes only)  
 Hoodie @ \$30 entry fee (Adult sizes only)  
 Option between Oct. 22 and Nov. 5.  
 Short sleeve T @ \$25 entry fee  
**Youth L -or-**  
**Adult S M L XL XXL**

Mail to: SVCC, 445 Linden St., Columbia, PA 17512 ph: (717) 684-5249 fax: (717) 684-5142  
[svcc@PaRivertowns.com](mailto:svcc@PaRivertowns.com)

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to any/all Sponsors, 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 under 18 years of age.)*