

20th Annual Missy Glenn Memorial River Run 5K

Saturday, November 14th, 2020

• 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

I pledge allegiance, to the River Run! This year, We have combined all our races and made it a red, white and blue theme to honor the late Missy Glenn. It begins in Wrightsville at 3rd 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; a water and rest stop is available on the Columbia side.

River Run is held annually in May. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. Please, no pets or solicitation.

Pre-register online at www.pretzelcitysports.com. Register by mail, or in person through Friday, November 13th until 6 pm. to the Susquehanna Valley Chamber of Commerce. Payment by credit card can be made at pretzel city sports site. **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/Walk begins
 9:45 am – Medals & door prizes in gym (approximate time)

Cancellation Policy: This event is held rain or shine. In the event of extreme, severe, weather; we reserve the right to cancel the event for the safety of the participants. Entry fees are a donation to the Susquehanna Valley Chamber of Commerce and Visitors Center and will only be refunded upon special request.

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 Street to 4th 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 13th at 6 pm. Registrations received through October 30 qualify for the early entry donation 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 30 are \$30 and include only a short sleeve T-shirt while our supply lasts.

To register, visit www.pretzelcitysports.com or complete the form below and submit cash, check or credit card number (Visa, MasterCard or Discover) to Susquehanna Valley Chamber of Commerce (SVCC). Include all your information, including shirt size/ selection. *Size requests will be honored through October 30th; 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 13th 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 your shirt.**

After the Run

Results will be posted within 48 hours of the River Run at www.PretzelCitySports.com.

Medal presentations in the school gym follow the run. Light refreshments will be available at 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 at 717-684-5249 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: River Run 5K. Complete this portion. Detach and mail with your payment. Shirt options and pricing are available through October 30. After October 30, select only a short sleeve T-shirt and remit \$30 donation. *See explanation of fees and T-shirt availability above.*

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail address _____ Age (on Race Day) _____ Gender (M/F): _____

PAYMENT:

- Cash, money order, or check **must be mailed to SVCC**
- Credit Card: Number _____ Exp. _____ CVC _____
(Visa, MasterCard, or Discover accepted)

Mail to: SVCC, 445 Linden St., Columbia, PA 17512 ph: (717) 684-5249 fax: (717) 684-5142
event2@visitsusquehannavalley.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.)

Shirt Selection - BEFORE OCT 30
 (check one option; circle size)
 _____ Short sleeve T @ \$20 donation
 _____ Long sleeve T @ \$25 donation
 _____ Hoodie @ \$30 donation
 (Adult sizes for hoodie only)

Youth L M -or-

Adult S M L XL XXL

Shirt Selection - AFTER OCT 30
 (circle size, while supplies last)
 Youth L M -or-

Adult S M L XL XXL



445 Linden St.
PO Box 510
Columbia PA 17512

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