

11th Annual MAG 5K Fall Flash Saturday, November 2, 2019

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

Fall Flash boasts a unique 5k course. 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.

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, or solicitation.

Pre-register online at VisitSusquehannaValley.com/events or by mail, email, or in person through Friday, November 1 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)

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 our 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.

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

REGISTRATION: MAG 5k Fall Flash Complete this portion. Detach and mail with your payment. Shirt options and pricing are available through October 18. After October 18, select only a short sleeve T-shirt and remit \$30 donation. *See explanation of fees and 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.)

Before the Run

- Pre-register through Friday, November 1 at 6pm.
- Registrations received through October 18 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 18 are \$30 and include *only* a short sleeve T-shirt while our supply lasts.

To register, visit VisitSusquehannaValley.com/events or complete the form below and submit cash, check or credit card number (Visa, MasterCard or Discover) to SVCC. Include all your information, including shirt size. *Size requests will be honored through October 18; 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 1 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.

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 at 717-684-5249 or 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.

Shirt Selection - BEFORE OCT 18 (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 18 (circle size, while supplies last)

Youth L M -or-
 Adult S M L XL XXL