

5th Annual "Filthy-Fun Mud Run"
Hosted by Salmon River Central School
Saturday, October 8, 2016

<u>Race Schedule:</u>	10:30	Community Run (1.5 miles)
	11:00	Modified Boys
	11:30	Modified Girls
	12:00	Varsity Girls
	12:45	Varsity Boys

- NYS Jewelry Rule and Uniform Rule will apply.
- All races are unlimited number of entrants per team. (Top 5 will score, 7 will displace for points)
- Modified races will be scored and timed.
- Modified 1.6 miles, varsity 3.1 miles.
- **Numbers will be assigned to all runners, please email a copy of your roster to salmonccc@hotmail.com no later than October 1, 2016 on NOON. Please specify male or female for each runner.**
- *OF SPECIAL NOTE: Our course is 100% grass, 12 feet wide and is mostly flat with the exception of two man-made hills with a 20 foot long "water pit" sandwiched in the middle. The water pit is approximately 2 ½ feet deep and has a sandy bottom. **In 2015, we added a true mud pit before the first hill. It is approximately 15 feet long and is over a foot deep.***

<u>Awards:</u>	Modified:	Plaque to winning team in each race Medals to top 7 in each race Ribbons to 8 th – 25 th place
	Varsity:	Plaque to winning team in each race Medals to top 7 in each race Ribbons to 8 th – 25 th place

Souvenirs:

- T-Shirts will be available for sale on an EXTREMELY LIMITED basis. Purchase early!
- Each coach will receive a complementary CD of pictures that we take at both pits.

Entry Fee: \$30.00 per race.*

Make checks payable to: SRC Varsity Club/Cross Country Team
c/o Daniel Mainville
637 County Route 1
Fort Covington, NY 12937

- **Entry Fee Discount:** For every consecutive year that you attend, you are entitled to a 25% discount per race as a thank-you for your continued support.

1 st year:	\$30.00 per race
2 nd year:	\$22.50 per race
3 rd year:	\$15.00 per race
4 th year:	Free, Thank you for your continued support