

“6th Annual Filthy-Fun Mud Run”  
**\*\*Hosted by Salmon River Central School\*\***

**Sponsored by Aftershocz**

Saturday, September 23, 2017

<u>Race Schedule:</u>	10:30	Community Run (1.5 miles)
	11:00	Modified Boys
	11:30	Modified Girls
	12:00	Varsity Girls
	12:50	Varsity Boys

**Check out our 2016 Race video here:** <http://www.srk12.org/athletics>

- New York State Jewelry Rule and Uniform rule will apply.
- All races are unlimited number of entrants (Top 5 will score, 7 will displace for points)
- Modified races will be scored and timed.
- Modified 1.5 miles, Varsity 3.1 miles.
- **Tags will be assigned to all runners, please email a copy of your roster to [salmonccc@hotmail.com](mailto:salmonccc@hotmail.com) no later than September 15 at 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 pit is approximately 2 feet deep and does have a sand bottom. A second mud-pit was added before the first hill to make things more interesting.*

**Awards:** Modified: Plaque to winning team in each race  
Medals to top 7 in each race  
Varsity: Plaque to winning team in each race  
Medals to top 7 in each race  
1 random Varsity male finisher and 1 random Varsity female finisher will receive a free pair of Aftershocz Bone Conducting headphones.  
<https://aftershocz.com>

**Souvenirs:** T-Shirts will be available for sale on an EXTREMELY LIMITED basis. Purchase early!

**Entry Fee:** \$40.00 per race.\*

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

\*Entry Fee Discount: for every **consecutive year** that you have attended the Salmon River “Mud-Run”, you are entitled to a discount off the entry fee, as follows:

If this is your first year attending:	\$40.00 per race
If this is your second <u>consecutive</u> year:	\$30.00 per race
If this is your third <u>consecutive</u> year:	\$15.00 per race
If this is your fourth <u>consecutive</u> year:	\$0.00

Thank you for your continued support!