

“7th Annual Filthy-Fun Mud Run”
****Hosted by Salmon River Central School****

Sponsored by Aftershokz

Saturday, September 22, 2018

<u>Race Schedule:</u>	10:30	Community Run (\$5.00 per athlete entry fee) 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 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

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

Entry Fee: \$25.00 per race.*

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

- Unfortunately, we can no longer offer free admission to teams. We are giving away more than \$1000 in headphones so that makes it impossible for us not to charge a small admission fee.