# **SHENANDOAH VALLEY RUNNERS**

# **WINTER SERIES 2014-2015**

**ENTIRE EIGHT-RACE SERIES: $30.00 SVR members ($10 students); $40 non-members ($16 students);**

**$75.00 Family (Up to 6 family members)**

**Registration for entire series includes a 2014-15 Winter Series beanie!**

(per race: $8 SVR members; $10 non-members; $2 students)

# **All Races Start at 9:30 AM** Registration is from 8:30 to 9:15. Preregistration available at [www.svrunners.org](http://www.svrunners.org)

# **Must be a 2014 SVR member no later than January 3, 2015 to be eligible for WS awards!**

NO HEADPHONES, NO DOGS, NO STROLLERS

# **Dec 6 Mystery through History Race**

# [**Millbrook High School, 251 First Woods Dr., Winchester, VA**](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=251+First+Woods+Dr,+Winchester,+VA+22603-5800&sll=37.0625,-95.677068&sspn=33.489543,78.310547&ie=UTF8&hq=&hnear=1st+Woods+Dr,+Winchester,+Frederick,+Virginia+22603&z=16)

# This race is a mystery distance—anywhere from 3-5 miles. Guess the closest distance before running the course.

# **RACE DIRECTOR:** Jamey Walters, (540) 660-2701 jamey312@gmail.com

# **Dec 20 Jingle Bell 5K**

# [**Blandy Experimental Farm & State Arboretum, 400 Blandy Farm Lane, Boyce VA**](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=400+Blandy+Farm+Lane,+Boyce+VA&sll=39.192064,-78.109403&sspn=0.031997,0.076475&ie=UTF8&hq=&hnear=Blandy+Farm+Ln,+Boyce,+Clarke,+Virginia+22620&ll=39.063049,-78.063612&spn=0.032056,0.076475&z=14)

# Tie bells on your shoes, dress in your finest holiday gear, and get your ho-ho-ho on as you circle the state arboretum grounds

# **RACE DIRECTOR:** Duane Williamson (540)341-4977, duanegwilliamson@comcast.net

# **Jan 3 Long Branch Staggered 4-Miler**

# [**Historic Long Branch Estate, 830 Long Branch Lane, Millwood, VA**](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=830+Long+Branch+Lane,+Millwood,+VA&sll=37.0625,-95.677068&sspn=33.489543,78.310547&ie=UTF8&hq=&hnear=Long+Branch+Ln,+White+Post,+Clarke,+Virginia&z=15)

# The last shall be first at a race that staggers the start so that older runners go first with younger runners in hot pursuit.

# **RACE DIRECTOR:** John Shelburne, (540) 336-9742*,* jshelbur@comcast.net

# **Jan 17 Predicted Time Five-Miler**

# **Bowling Green Country Club-South, Bowling View Road Entrance, Front Royal, VA**

# Predict your time and then see how close you come to that actual time. No watches allowed!

# **RACE DIRECTOR:** Colleen Snyder (540) 305-4944, csnyder123@comcast.net

# **Jan 31 17th Stickman’s Tandems 5K**

# [**Signal Knob Middle School, 687 Sandy Hook Rd., Strasburg, VA**](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=687+Sandy+Hook+Road,+Strasburg,+VA&sll=38.994056,-78.120904&sspn=0.008022,0.019119&ie=UTF8&hq=&hnear=687+Sandy+Hook+Rd,+Strasburg,+Shenandoah,+Virginia+22657&ll=38.975625,-78.378611&spn=0.032095,0)

# Your finish place will be combined with your teammate’s to determine the winners. Low score wins! Four divisions (men, women, co-ed & family)

# **RACE DIRECTOR:** Mark Stickley, (540) 336-2827, stickman@shentel.net

# **Feb 14 Heart and Soles 5K**

#  **Middletown Town Hall, 7875 Church St., Middletown VA**

# Celebrate your love of running with this Valentine’s Day inspired race.

# **RACE DIRECTOR:** Marisa Varley marissav.teamwaldo@gmail.com (540) 931-1810 and April Adams aprilhadams@gmail.com

# **Feb 28 Lose Your Shoes & the Shirt Off Your Back 5K**

# **Skyline High School, Front Royal, VA**

# Bring donations of running shoes and shirts for those less fortunate.

# **RACE DIRECTORS:** Phil Laub (703) 906-4304 & Nick Hogan [boondocsnt@yahoo.com](file:///C%3A%5CUsers%5CColleen%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CContent.IE5%5CARIVU7R7%5Cboondocsnt%40yahoo.com)

# **Mar 7 Treasure Hunt 5K**

# **Location of this race is still to be determined.**

Bring donations of presents you’d like to “re-gift” for the Treasure Table raffle.

# **RACE DIRECTOR:** Ed Grainger (540) 868-0794, graingerew@comcast.net

**“WINTERIZE YOUR KIDS WHILE YOU RUN” RACES---FREE!**

* 0.5 to 0.75 mile races for kids 10 and under at all Winter Series races
* Held while parents are participating in Winter Series races
* Awards given to all finishers on race day
* Contact Mark Stickley (540) 336-2827, stickman@shentel.net with questions

**About the Shenandoah Valley Runners Winter Series:**

* A Shenandoah Valley Runners favorite for 25+ plus years
* Get outside during the winter to run in beautiful places in the Shenandoah Valley
* Run with like-minded people not daunted by freezing temperatures and frigid winds
* Welcomes runners of all abilities
* Hundreds of hours go into making these races happen, so please help by volunteering
* Contact individual race directors or Winter Series Director Jamey Walters (jamey312@gmail.com; 540-660-2701) to volunteer or with questions
* We post last-minute news on Facebook under Shenandoah Valley Runners

**Series Points & Awards:**

* After each race, runners will be assigned points based on how they finished against members of their own gender
* Awards given based on each runner’s six best point scores
* Awards: Top five males & females overall; top three males & females in the following age groups (as of Dec. 31): 10 & under, 11-13, 14-16, 17-19, 20-29, 30-29, 40-49, 50-59, 60-69, 70 & over
* Perfect attendance awards
* Awards presented at annual SVR banquet on March 22, 2015.

**Eligibility:**

* **ONLY CLUB MEMBERS WHO HAVE RENEWED THEIR 2015 MEMBERSHIP BY JANUARY 3, 2015 ARE ELIGIBLE TO RECEIVE AWARDS**.
* Non-members may join the club at any point prior to **JANUARY 3, 2015** to become eligible
* Must complete at least five races to be eligible for awards
* Required number of races may decrease with cancellations
* No duplication of overall and age group awards

**Minors:**

* **ALL MINORS (UNDER 18) MUST HAVE A WAIVER SIGNED BY A PARENT NOT JUST AN ADULT**
* **IF YOU DO NOT HAVE THE WAIVER SIGNED BY A PARENT, WE WILL NOT LET YOU RUN THE RACE**
* Obtain a waiver before you arrive at the race if your parent will not be with you
* Contact Jamey Walters at jamey312@gmail.com to have one sent via e-mail or download from the SVR website

**Inclement Weather**:

* Yes, there will be inclement weather
* It may be cold, it will sleet, it will snow.
* We run anyway unless there’s ice, courses are subject to change.
* A race may be cancelled at the absolute last minute on race day due to developing conditions impossible to predict until the snow/sleet/ice begins to fall
* **YOU ARE THE BEST JUDGE OF WHETHER OR NOT IT IS SAFE TO TRAVEL TO AND FROM AND RUN IN AN EVENT**
* Call the individual race directors if you are unsure about the scheduling of a race
* We will try topost a cancellation on Facebook and/or the website