# **SHENANDOAH VALLEY RUNNERS**

# **WINTER SERIES 2016-2017**

**ENTIRE SERIES: $45 non-members ($20 student up to age 25/seniors 65+; $125 family (up to 6 family members)**

**SVR MEMBERS RECEIVE A 20% DISCOUNT ON SERIES REGISTRATION TAKEN AT CHECKOUT.**

**YOU MUST RENEW YOUR 2017 MEMBERSHIP BEFORE SIGNING UP FOR SERIES TO RECEIVE DISCOUNT!**

# **You must be a 2017 SVR member no later than January 1, 2017 to be eligible for WS awards!**

**Registration for entire series includes a 2016-17 Winter Series T-Shirt**

# Please preregister for WS at: https://runsignup.com/Race/VA/Winchester/SVRWinterSeries

SVR Membership sign up is at https://runsignup.com/Club/VA/Winchester/ShenandoahValleyRunners

Registration for individual races is available for $10 for adults and $5 students/seniors

# **All Races Start at 9:30 AM** Registration is from 8:30 to 9:15.

**NO HEADPHONES, NO DOGS, NO STROLLERS at any of our races!**

# **Dec 3 Beat the Clock 5k**

# Museum of the Shenandoah Valley, 901 Amherst St., Winchester, VA

# Pick your finish time and with a staggered start, try to beat the clock as it ticks down to zero.

# **RACE DIRECTOR:** Jason Wisecarver, jwisecarver@fastmail.net

# **Dec 17 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:** TBD

# 

# **Dec 31 Pre-Hangover 5K**

# [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)

# Enjoy the beauty of a plantation from times gone by at the 5K held on the grounds of Historic Long Branch

# **RACE DIRECTOR:** Alex Lane (540) 323-1925 alexlaneiii@yahoo.com

# **Jan 14 Poker Run Five-Miler**

# Bowling Green Country Club-South, 500 Bowling View Road, Front Royal, VA

# Your cards are dealt to you as you run the course. Best poker hand wins!

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

# **Jan 28 19th Stickman’s Tandems 5K**

# Strasburg High School, 250 Ram Drive, Strasburg VA

# 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 11 Heart and Sole 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 marisa.repro@gmail.com (540) 931-1810

# **Feb 25** **Lose Your Shoes & Shirts 5K**

# Skyline High School, 151 Skyline Vista Dr., Front Royal, VA

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

# **RACE DIRECTORS:** Krystal Hall luvteaching7533@yahoo.co; Phil Laub (703) 906-4304

# **Mar 4** **March Madness 5K**

# Sherando Community Center, 170 S. Warrior Dr., Stephens City, VA

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

**Mar 19 SVR ANNUAL BANQUET: Millwood Fire Dept. 252 Costello Dr, Winchester, VA**

Club Awards, Winter Series Awards, Guest Speaker

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

* A Shenandoah Valley Runners favorite for 30+ 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 (age based on age 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 19, 2017 at Millwood Fire Department Banquet Hall

**Eligibility:**

* **ONLY CLUB MEMBERS WHO HAVE RENEWED THEIR 2017 MEMBERSHIP BY JANUARY 1, 2017 ARE ELIGIBLE TO RECEIVE AWARDS**.
* Non-members may join the club at any point prior to **JANUARY 1, 2017** 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 will 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