

TWILIGHT QUAD

Schedule of Events

June 27	Strawberry Days 5K	Grove City
July 11	Dam Race	Sharpsville
July 25	UPMC Horizon 5K	Greenville
August 15	Courtney's Ice Cream Race	Grove City

This year marks the 35th anniversary of the Mercer County Twilight QUAD. It's the oldest continuous running series in the region. Each event begins at 7:00 pm on Wednesday evenings in the summer months. Over 50,000 finishers have been recorded through the first 136 events of the QUAD.

Runners who complete all four events will receive a commemorative award. Each year, over 150 runners and walkers complete all four events of the series.

COURSES: All courses are USA T&F Certified 5,000 Meters (3.1 Miles)

5K AGE GROUPS 11 & Under, 12-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

& AWARDS: Top 5 male and top 5 female finishers; Top Masters male and female finishers
Top 3 in each age group; No duplications

CHAMPIONCHIP: All 5K events will be scored using ChampionChip Timing Technology
Entrants will be issued a computer chip to attach to the shoe.
Timing mats at each mile providing mile splits in the results.
All chips must be returned at the finish. \$35.00 fee for all lost chips

Register on-line
register.runhigh.com

GENERAL: Event is open to walkers and runners. No specific awards for walking division
Digital clock display and timing services by THE RUNNER'S HIGH
Results will be posted at: **www.runhigh.com**

QUAD: Participants who complete all four races of the 5K series or the Kid's Races will receive a commemorative souvenir at the Ice Cream Race. Souvenirs have ranged from towels, to shirts, to lawn chairs to mugs,

KID'S RACES: All events include a half mile children's run starting at 7:45 pm
Each participant will receive a finisher's ribbon. Entry fee is \$6.00 per child.
Awards: Top 3 boy and girl finishers in the following age groups: 5 & Under, 6-7, 8-9, 10-11.
Youth QUAD is intended for kids 11 & under. No awards for runners over 11 years of age.

ENTRY FEES: Individual 5K base fee is \$14.00 per person. (\$18.00 on race day)
Base entry includes refreshments, results, and tracking for the QUAD series
Race clothing sold separately in advance and on race day. (Limited sizes and quantities on race day.)
Shirts not saved for no-shows after 8:00 pm.

INFO: S. Mark Courtney (724) 866-1374
E-Mail smc@runhigh.com

34 Years of
Fun, Sweat, and Cheers

MAIL TO: Register on-line until: 48 hours prior to race time: **register.runhigh.com**
Or mail to: Runner's High, S. Mark Courtney, PO Box 43, Grove City, PA 16127
Make checks payable to: **Runner's High**

STRAWBERRY DAYS 5K

June 27, 2018 - Grove City, PA

LOCATION: From I-79, follow Rt 208 East into GC. Turn right at McDonalds onto East Main St
Go 1 block to East Main Church on the right. (120 E Main ST on your GPS)
Park at HS Football Field. Follow signs for other parking sites.

COURSE: Flattest course of series. USA T&F Certified
Out-and-back with 3/4 mile loop in middle of course

DAM RACE

July 11, 2018 - Sharpsville, PA

LOCATION: Thelma's Sports Nook, 255 East High Street, Sharpsville, PA 16150

COURSE: Out and Back course crossing the Shenango Dam Causeway
Turnaround on paved rails to trails road

UPMC HORIZON 5K

July 25, 2018 - Greenville, PA

LOCATION: UPMC Horizon, 110 N Main Street, Greenville, PA 17125

COURSE: 5,000 Meters (3.1 Miles)
Out-and-back mostly flat course with gradual downhill finish
Same course as the Greenville Hospital 5K of the 1980's and 1990's

COURTNEY'S ICE CREAM RACE

August 15, 2018 - Grove City, PA

LOCATION: Grove City Medical Center, 631 N Broad Street Ext, Grove City, PA (Mercer County)
Intersection of Cranberry Road and Route 173 on north edge of boro
Follow blue "H" Hospital Signs from Grove City exits of I-79 and I-80.
Cranberry Road closes at 6:15pm, so come early

COURSE: 5,000 Meters (3.1 Miles) USA T&F Certified (PA93009PR)
Out-and-back, rolling 5K course with gradual 1/2 mile downhill finish

PROCEEDS: Benefits Grove City Medical Center Volunteers

QUAD PARTY: Post-race all-you-can eat ice cream buffet featuring over 120 gallons of ice cream

NEW FOR 2018

TECH SHIRT

Optional short sleeved tech shirt with QUAD logo. No advertising.
Available in limited quantities as supplies last throughout the series.

PERFORMANCE INCENTIVES

Males: Average under 16:00 for any 3 of the QUAD races and earn a \$100 Sheetz card
Female: Average under 19:00 for any 3 of th QUAD races and earn a \$100 Sheetz card

Over 800 runners in the 2017 Ice Cream Race
Features an ice cream buffet of over 120 gallons

TWILIGHT QUAD - 2018

Name Age

Address Sex

City, ST Zip

Phone - Birthdate - -

\$ ____ \$14.00 Individual ___ Strawberry Days 5K Shirt: Y N ___ Dam Race 5K Shirt: Y N
 ___ UPMC Horizon 5K Shirt: Y N ___ Ice Cream Race 5K Shirt: Y N

\$ ____ \$6.00 T-Shirt S ___ M ___ L ___ XL ___ Check One ___ Adult Size ___ Youth Size (M & L only)
 If registering for more than one event with this form, please clearly indicate which race(s) you are making a shirt order.

\$ ____ \$12.00 Optional tech shirt with traditional QUAD logo. First come, first served as supplies last throughout the series. **SIZE** ____

\$ ____ \$6.00 Kid's Race Includes Finisher's Ribbon

\$ ____ Total Add \$4.00 if entry is post-marked within five days of the event. Make checks payable to: **RUNNER'S HIGH**
Mail to: Runner's High, S. Mark Courtney, PO Box 43, Grove City, PA 16127

Do you plan to participate in all four races of this year's QUAD? Yes No (Circle One)

Waiver: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself. I also release my name to be posted on the internet in the official race results.

Signature Required _____ Parent must also sign if runner is under 18 years.

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Name Age

Address Sex

City, ST Zip

Phone - Birthdate - -

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