TWILIGHT QUAD

This year marks the 32nd 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 124 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.

Schedule of Events

June 24	**Strawberry Days 5K**	**Grove City**
July 8	**Fredonia Firemen's 5K**	**Fredonia**
July 29	**Dam Race**	**Sharpsville**
August 19	**Courtney's Ice Cream Race**	**Grove City**

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

5K AGE GROUPS & AWARDS: 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+
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.
Times will be automatically recorded as the chips cross the finish line mats.
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 on the internet at: **www.runhigh.com**

32 Years of
Fun, Sweat, and Cheers

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 $12.00 per person. ($15.00 on race day)
Base entry includes refreshments, results, race entry and commemorative pin
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

MAIL TO: Register on-line until: 48 hours prior to race time: **register.runhigh.com**
Or mail to: Runner's High, Adaline Fitzgerald, 479 Mercer-New Wilmington Road, Mercer, PA 16137
Make checks payable to: Twilight QUAD

Over 1000 runners in the 2014 Ice Cream Race

Features an ice cream buffet of over 120 gallons

STRAWBERRY DAYS 5K

June 24, 2015 - Grove City, PA

LOCATION: From I-79, follow Rt 208 East into GC. Turn right at blinker light before McDonalds onto Poplar St
Go 1 block to old GC Middle School on the left. (112 W Poplar 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

FREDONIA 5K

July 8, 2015 - Fredonia, PA

LOCATION: Fredonia, Pennsylvania (Mercer County) 161 2nd Street
Between Routes 19 and 58, 5 miles North of Mercer

COURSE: 5,000 Meters (3.1 Miles) USA T&F Certified (PA84064PR)
Out-and-back rolling course with gradual half mile downhill finish

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DAM RACE

July 29, 2015 - 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

COURTNEY'S ICE CREAM RACE

August 19, 2015 - Grove City, PA

LOCATION: Grove City Medical Center, Grove City, Pennsylvania (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 6:00pm, 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 125 gallons of ice cream**

TWILIGHT QUAD

Name _____ Age ____
Address _____ Sex ____
City, ST _____ Zip _____
Phone ___ - ___ - ____ Birthdate ___ - ___ - ___

$_____ $12.00 Individual ___ Strawberry Days 5K Shirt: Y N ___ Dam Race 5K Shirt: Y N

___ Fredonia 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.

$_____ $6.00 Kid's Race Includes Finisher's Ribbon

$_____ Total Add $3.00 if entry is post-marked within five days of the event. Make checks payable to: **Twilight QUAD,**
Mail to: Adaline Fitzgerald, 479 Mercer-New Wilmington Rd, Mercer, PA 16137

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.