




Quiet Valley Rooster Run



Saturday, November 14, 2020

**Quiet Valley Living
Historical Farm
Stroudsburg, PA**

Social Distancing 5k Trail Run

Time: 9 - 11AM   

- 4 - 1/2 hour time slots - maximum of 30 per 1/2 hour, 120 total runners. (9-9:30, 9:30-10, 10-10:30, 10:30-11)
- Runners start one at a time as they are ready
- **Awards :** *based on chip time*
Top male & female,
Top masters male & female
Top 2 age group male & female
(12 & under, 13-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70 & over)
- Custom made pottery awards

Tour the Quiet Valley Living Historical Farm property over hill and dale, past the farm ponds, pastures, apple orchards, historical buildings and through a covered bridge. Course has varying surfaces including grass, dirt, gravel and paved roads.

**Register online and view results at www.TimberHillTiming.com
Registration must be received by Nov 1 to be guaranteed a t-shirt**

In order to hold the race in a responsible social distancing way the 5k will have a limited field size of 120. Everyone must pre-register online for a half hour time slot with a maximum of 30/half hour. Please try to pick up your bib number and start your run in that 1/2 hour. Each runner will start one at a time as they are ready.
No same day registration • **Rain or Shine**

Proceeds benefit the Quiet Valley Living Historical Farm, a 501(c)(3) non-profit corporation
For more information or to volunteer contact: **Sue Oiler • 717.860.6104 •**
QVRoosterRun@timberhilltiming.com

Directions to the Start: 343 Quiet Valley Road, Stroudsburg, PA, 18360 - From the East: I80 West to Exit 304 onto Route 209/33 South. Right at Shafer's School House Road. 1 block, turn left on Business Route 209 South, 1/2 mile, turn left on Hickory Valley Road (just past Sunoco Station) and follow blue & white signs for 1 1/2 miles.
From the west: I80 East to Exit 302A onto Route 33. Use **SECOND** Snydersville Exit. Left on Manor Drive. Go to end of road, about 2 1/2 miles. Follow Blue & White Signs.

