

IM 5K ROAD RACE

IM Sports ~ Fall 2009

REGISTER: September 21 - 24

at Room 2, IM Bldg. (8am - 4:30pm).

PSU ID+Cards required when you register at the office **and** at check-in for race !

DIVISIONS:

Fraternity (1 to 4 representing house)
Men's (Individuals or Teams of 3 or 4)
Women's (Individuals or Teams of 3 or 4)



COST: \$6 per runner (Cash or Check) at time of entry, with your PSU ID+Card.

COURSE BASICS:

- ~ Out-n-Back style
 - ~ Four challenging hills
 - ~ Route markings along course
 - ~ Mostly paved, some grass surface
 - ~ Length 5K (3.1 miles)
 - ~ Map of course: online & at IM office
- Available entry week

RACE DATE: Saturday, October 3, 10:00am, IM fields

ELIGIBILITY: PSU ID+Cards will be checked at entry and on race day to verify eligibility. Varsity Track & Field and Cross Country Team members are ineligible for Intramural Cross Country. Former varsity letter winners of any collegiate program may not participate in the same sport until one full year after receiving the letter.

RULES: the IM General Rules will govern all participants.

QUESTIONS: INTRAMURAL OFFICE, Room 2 IM Bldg

Office Hours: 8:00am - 4:30pm Mon – Fri

865-5401

www.athletics.psu.edu/recsports

RecSports@psu.edu

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