


# Quiet Valley Rooster Run



**Saturday July 21, 2018**  
**5k Cross Country Run**

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

## 5k Race / Walk

**Time:** 9:00 AM   **XC**

- Chip timed
- Custom made pottery awards
- Race starts at 9 am with awards ceremony at 10 am.
- **Awards :** 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)

## 1 Mile Kids Fun Run

**Time:** 8:30 AM   **XC**

- For kids 1 to 100.
- Out and back through the farm
- All finishers 12 & under receive a Ribbon

\*Does not include t-shirt. T-shirt available for \$5 by July 8st

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](http://www.TimberHillTiming.com)**

**Registration must be received by July 8 to be guaranteed a t-shirt**

*Early mail registration ends July 8. Early registration prices available online until July 20*

Registration will occur at Quiet Valley starting at 7:45 am. • **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](mailto: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, ½ mile, turn left on Hickory Valley Road (just past Sunoco Station) and follow blue & white signs for 1 ½ miles.

*From the west:* I80 East to Exit 302A onto Route 33. Use **SECOND** Snyder'sville Exit. Left on Manor Drive. Go to end of road, about 2 1/2 miles. Follow Blue & White Signs.



