

26TH ANNUAL MIFFLINBURG 5K RUN AND 1/2 MILE YOUTH FUN RUN

—SATURDAY, JULY 4, 2009 —

DATE: Saturday, July 4, 2009
WHERE: Start, finish, and registration at the Mifflinburg Community Park, North 5th and Thompson Streets (Pool Area)
5K: **FEES:** \$15.00 if received by July 2nd
 \$20.00 race day registration
REGISTRATION: 7:30 to 8:30 a.m. at Mifflinburg Community Park Pavilion. Race Registration can be done by use of form below, at active.com or by downloading form at <http://mifflinburg5k.com>
STARTING TIMES: 5K - 9 a.m.

PHOTOS: Finish line photos taken by David Cooney Photography and available at www.miffsports.com
5K RECORDS: Male: 1994, Jim Simpson, 15:06
 Female: 1985, Katie Martin, 17:37
TIMING: Insta-Results
5K COURSE: Measured 3.1 miles through Mifflinburg (See map below)

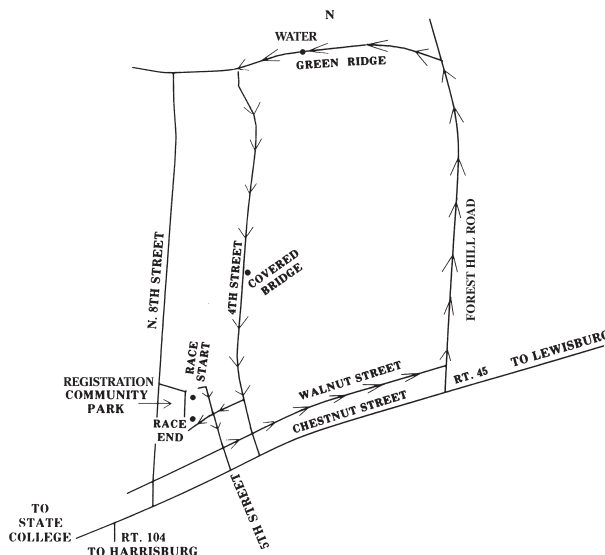
Fun Runs - 10 a.m. & 10:15 a.m.

AWARD CEREMONY: at Park Gazebo.
 If you cannot stay for the Award Ceremony, arrange to have someone pick up your award.
AGE GROUP CATEGORIES MALE AND FEMALE:
 14 & under • 15-18 • 19-24 • 25-29 • 30-34
 35-39 • 40-44 • 45-49 • 50-54 • 55-59 • 60-64
 65-69 • 70 and over

Awards are given to 1st through 3rd place finishers. Overall male and female winners receive the **Tom Muchler Memorial Award** and gift certificate compliments of: **W.L. Donehower Sporting Goods of Lewisburg.**

AMENITIES: Pre-registration guarantees a 100% organic cotton tee shirt
 Spring water provided by Tulpehocken Spring Water, official race provider
 Energy Bars compliments of Honey Stingers
 Splits at 1 mile mark
 Water station near 2 mile mark
 Water and fruits at finish
 Ambulance and medical technicians
 Showering and changing facilities
 Mifflinburg Community Pool open FREE to runners and their families on July 4th
 Food, pet parade, games, and numerous activities in the park throughout the day

5K RACE ROUTE



FUN RUNS: Underwritten by the KIWANIS CLUB OF MIFFLINBURG
 FEE: \$2.00
 START: 10 a.m. 8 yrs. and under and 10:15 a.m. 9-10 yrs. max.
 Children to run unaccompanied unless approved by race director
AMENITIES: Entrants will receive a participant premium.
 1st and 2nd place male and female winners in each age group will receive an award

REGISTRATION

CHECK EVENT TO BE ENTERED: 5K FUN RUN (Fun Run participants do not get a shirt)

AGE: _____ SEX: MALE FEMALE SHIRT SIZE: M L XL XXL

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

APPLICATION RELEASE AND INDEMNITY FORM

In consideration of the acceptance of this entry to the Mifflinburg 5K and/or Fun Run, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups, and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race.

 Signature

 Date

(Parent's Signature if the runner is under 18 years of age)

NO REFUNDS: The Race Director reserves the right to reject any entry.

Make checks payable to: Mifflinburg Fourth of July Committee

RETURN ENTRIES TO: Don Bowman, 517 Old Orchard Lane, Mifflinburg, PA 17844 (570) 966-0785

26TH ANNUAL



MIFFLINBURG 5K

SATURDAY, JULY 4, 2009

Don Bowman
517 Old Orchard Lane
Mifflinburg, PA 17844

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