

34th ANNUAL MIFFLINBURG 5K RUN AND 1/2 MILE YOUTH FUN RUN —TUESDAY, JULY 4, 2017—

DATE: Tuesday, July 4, 2017

WHERE: Start, finish, and registration at the Mifflinburg Community Park, North 5th and Thompson Streets (Pool Area)

5K FEES: \$20.00 if received by May 31; \$25.00 if received between June 1 & June 30; \$25.00 race day registration.

REGISTRATION: 7:30am to 8:30am at Mifflinburg Community Park Pavilion. **NO REGISTRATION AFTER 8:30am** Race Registration can be done by using the form below, or online at <http://mifflinburg5k.com>

STARTING TIME: 9:00am

AWARD CEREMONY: at Park Gazebo.

AGE GROUP CATEGORIES MALE AND FEMALE:
10 & under • 11-14 • 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

Winners in any category not present for awards ceremony forfeit prize.

AMENITIES:

T-shirt guaranteed to first 500 entrants • Split clock 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 race day.

PROCEEDS: Proceeds from the race benefit the Mifflinburg 4th of July activities. Those activities can be viewed at: www.mifflinburg5k.com

TIMING: Chip Timed by Falcon Race Timing

5K RECORDS:

Male: 1994, Jim Simpson, 15:06 (Gun time)

Female: 1985, Katie Martin, 17:37 (Gun time)

CHIP TIME RECORDS:

Male: 2015, Vince Fadale, 15:29

Female: 2016, Kalyn Fisher, 18:30

RACE SAFETY CONSIDERATIONS:

Earphone use is discouraged • No cell phone use or texting while running • Runners who run with carriages MUST start at the rear of the race and are cautioned as to the safety of other runners • Pets are not permitted on the race course • Ambulance and medical technician support on the race course will ONLY be provided from 9:00am until 9:50am.

**FUN RUNS: Underwritten by the
KIWANIS CLUB OF MIFFLINBURG**

FEE: \$2.00

AGES/STARTING TIMES:

9:50am 5 yrs. & under; **10:05am** 6-7 yrs. old; **10:15am** 8-9 yrs. old
Children to run UNACCOMPANIED unless approved by the Race Committee.

AMENITIES: Entrants will receive a participant recognition prize at the race finish.

1st and 2nd place male and female winners in each age group will be recognized at the gazebo award ceremony.

Winners not present for awards ceremony forfeit prize.

Refer to mifflinburg5k.com for race map, past race results and additional information about the race.

REGISTRATION

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

AGE: _____ SEX: MALE FEMALE SHIRT SIZE: S 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 Committee reserves the right to reject any entry.

Make checks payable to: Mifflinburg Fourth of July Committee

RETURN ENTRIES TO: Mifflinburg 5K Race, 505 Teaberry St., New Berlin, PA 17855