

35th ANNUAL MIFFLINBURG 5K RUN AND 1/2 MILE YOUTH FUN RUN

WEDNESDAY, JULY 4, 2018

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

5K FEES: \$20 if received by May 31;
\$25 if received between June 1 & June 30; \$25 race day.

REGISTER NOW: online (encouraged and preferred) at www.mifflinburg5k.com or use the form below.

RACE DAY REGISTRATION:
6:30am – 7:30am at Mifflinburg Community Park Pavilion.
NO REGISTRATION AFTER 7:30am

STARTING TIME: 8:00am

AWARD CEREMONY AT PARK GAZEBO

AGE GROUP CATEGORIES MALE & 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 & over. Recognition given to top 3 finishers. Overall male & female winners receive the **TOM MUECHLER MEMORIAL AWARD.**

5K AMENITIES: T-shirt guaranteed to first 500 entrants
• Split clock at mile 1 • Water station near mile 2 • Water & fruit at finish • Ambulance & medical technicians • Showers changing facilities • Mifflinburg Community Pool FREE to runners and families on race day.

PROCEEDS: Proceeds benefit Mifflinburg 4th of July activities. A full list of those can be viewed at: www.mifflinburg5k.com

TIMING: Chip timed by Falcon Race Timing.

FUN RUNS: Underwritten by the KIWANIS CLUB OF MIFFLINBURG FEE: \$2

5 yrs. & under: 8:50am start; 6-7 yrs.: 9:05am start; 8-9 yrs.: 9:15am start

Children to run UNACCOMPANIED unless approved by race committee. All runners will receive a participation prize at the finish. **Prizes awarded to 1st and 2nd place male and female finishers at Awards Ceremony.**

SAFETY CONSIDERATIONS: Earphone use discouraged • No cell phone use/texting while running • Runners with strollers must start at rear of race and should exercise caution with other runners • Pets are not permitted on race course • Ambulance and medical support on race course provided ONLY from 8:00 am until 8:50 am

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

REGISTRATION

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

AGE: _____ GENDER: M F SHIRT SIZE: S M L XL XXL

NAME: _____

ADDRESS: _____

PHONE: _____ 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 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

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

DATE

MAKE CHECKS PAYABLE TO: Mifflinburg 4th of July Committee
RETURN ENTRIES TO: Mifflinburg 5K race, 2914 Johnson Mill Road, Lewisburg, PA 17837
NO REFUNDS: The Race Committee reserves the right to reject any entry.