

# 36<sup>th</sup> ANNUAL MIFFLINBURG 5K RUN AND ½ MILE YOUTH FUN RUN

THURSDAY, JULY 4, 2019

**WHERE:** Start, finish and registration at the Mifflinburg Community Park, North 5<sup>th</sup> & 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](http://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 4<sup>th</sup> of July activities. A full list of those can be viewed at: [www.mifflinburg5k.com](http://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 1<sup>st</sup> and 2<sup>nd</sup> 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](http://mifflinburg5k.com) for race map, past race results and additional race information.**

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## REGISTRATION

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

AGE: \_\_\_\_\_ GENDER: M F SHIRT SIZE: XS 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

DATE

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

**MAKE CHECKS PAYABLE TO: Mifflinburg 4<sup>th</sup> 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.