

GOLDEN MULE 5K Stampede



**Enola Low Grade Trail
301 E. State Street
QUARRYVILLE, PA
Saturday, May 6, 2023
9:00AM 5K / 8:30AM Kids Fun Run**

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

WHAT: The Golden Mule 5K Stampede is a fundraiser for the Smith & Swift Middle School PTO Funds.

WHERE: Race starts and finishes at Groff trailhead parking lot and heads west on the Providence Township section of the Enola Low Grade Trail.

WHEN: Saturday, May 6, 2023
7:30 a.m. – Registration begins
9:00 a.m.– 5K Run begins
8:30 a.m. – Kids Fun Run for Ages 10 & Under
10:00 a.m. – Award presentation finish line immediately following 5k

DIRECTIONS: Groff trailhead parking lot is located at 301 E. State St., Quarryville, PA 17566. Route 222 South, turn left onto 372 East at the light, 301 E. State St. is on the right.

QUESTIONS: Call **Katina Martin, 916-799-4065** or swiftmspto@yahoo.com.

HOW: Complete the form below and submit the appropriate amount. Check/Money order payable to Swift Middle School PTO.

5k Entry Fee: \$25 if registered by April 21st to receive a race 5K Cotton t-shirt. The fee for entries received after April 21st and including Race Day, is \$35, T-shirts not guaranteed available while last. Size requests will be honored to the best of our ability, but size may be substituted.

Kids Fun Run Fee: Event is free for kids 10 and under. Course will start and finish at the same location as the 5K race. Finisher ribbons to all participants., **T-shirts are not included for this event.**

Optional Online Registration Available at
<https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes midnight, Wed. of race week)

5K AWARDS: Trophy will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 & under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years and 70 +years.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: Golden Mule Stampede 5K Run/Walk Complete this portion. Detach and mail. Include \$25 early registration fee by April 21st. Late registration fee \$35. Checks payable to Swift Middle School PTO. **Kids Fun Run:** Children 10 & Under Free (Reg. form must be filled out to participate.)

Name _____ Address _____
Please print
City _____ State _____ Zip _____ Age (on Race Day) _____
Gender: Male Female Event (circle one): 5K RUNNER 5K WALKER Kids Fun Run
Phone _____ E-mail address _____

T-shirt size (circle one)
Youth S M L (5k only)
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Solanco School District, the Borough of Quarryville, the Township of Providence and those in their employ, the Counties of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable/mail to: Swift Middle School PTO 1866 Robert Fulton Hwy., Quarryville, PA 17566

