

Governor Mifflin Football Club presents our 70th Anniversary Homecoming and Speedway 5k



Saturday, October 7, 2023 8:00 A.M

LOCATION: Governor Mifflin High School Stadium: 10 N. Waverly Street, Shillington, PA 19607

COURSE: An historic tour of Shillington Speedway winding through the nostalgic Shillington Park. You'll run past elegant century old homes on the south side of Lancaster Avenue and finish on the track near the new Athletic Facility adjacent to Governor Mifflin High School Stadium. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: 5K: Separate awards for the overall male and female winners and runner-ups (3M, 3F) plus:
19 & under: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 1M, 1F

Due to the Community Tailgate and Parade stepping off at 9:30am, all runners must plan to finish the race within one hour. Awards begin promptly at 9:00am. The parade will step off from Governor Mifflin Middle School at 9:30am.

ENTRY: 5k: \$25 if postmarked by July 31, 2023 incl. guaranteed t-shirt.. August 1 – September 1: \$30.
After Sept. 1, incl. race day: \$35 (tee-shirt not guaranteed for those registering after Sept. 1, 2023.)

RACE DAY: Registration opens at 7:00am; Race begins promptly at 8:00am

Optional Online Registration available at www.shillington5k.com
(Nominal processing fee applies, closes at midnight, the Wed. of race week)

DIRECTIONS FROM EAST or NORTH OF READING: Take 422 west/222 South toward Reading and exit left on Lancaster Ave. Follow 222 South business to left on N. Waverly Street.

DIRECTIONS FROM WEST or SOUTH: Take 222 North toward Reading and Exit Lancaster Ave. Follow 222 North business to right on N. Waverly Street.

RACE DIRECTOR: Kate Murray: katemurray625@gmail.com

MAKE CHECK PAYABLE TO: Governor Mifflin High School Football Club
MAIL CHECK& FORM BELOW TO: Kate Murray, 600 N. Brobst Street, Shillington, PA 19607

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one): S M L XL 2XL Phone: () _____

Email: (print clearly) _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Governor Mifflin Football Club, Governor Mifflin School District, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/____