

Lake Winola Wiggle XVII

RACE TIME
9:00 AM
 Sat. June 30, 18



Running
 & Walking
 Divisions

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The 17th running of the Lake Winola Wiggle will be held on **Saturday Morning, June 30 at 9:00AM**. It will be held in conjunction with the Annual Lake Winola Firefighter's Carnival. The course has been designed to minimize traffic congestion. There will be divisions for running, walking and a Clydesdale Class. Trophies will be awarded to the first overall male and female runners and walkers. Running awards in the following age groups. Male & Female: 14 and under (3); 15 - 19 (3); 20 -24(3) 25-29 (3); 30 - 34 (3); 35 - 39 (3); 40-44 (3); 45-49 (3); 50-54 (3); 55-59 (3); 60-69 (3), 70 and over (3). Walking awards (1) per age group. The Clydesdale Division, for anyone weighting over 200 lbs. will have (1) overall winner
 Registration will be held in front of the Lake Winola Firehouse, at Lake Winola, from **8:00 AM to 8:45 AM. Parking provided across from the Firehouse.**

Registration fee will be \$15.00 in advance and \$20.00 on race day. First fifty (50) runners to register, receive a Lake Winola Wiggle XVII visor.
 Make Checks payable to: Lake Winola Fire Company

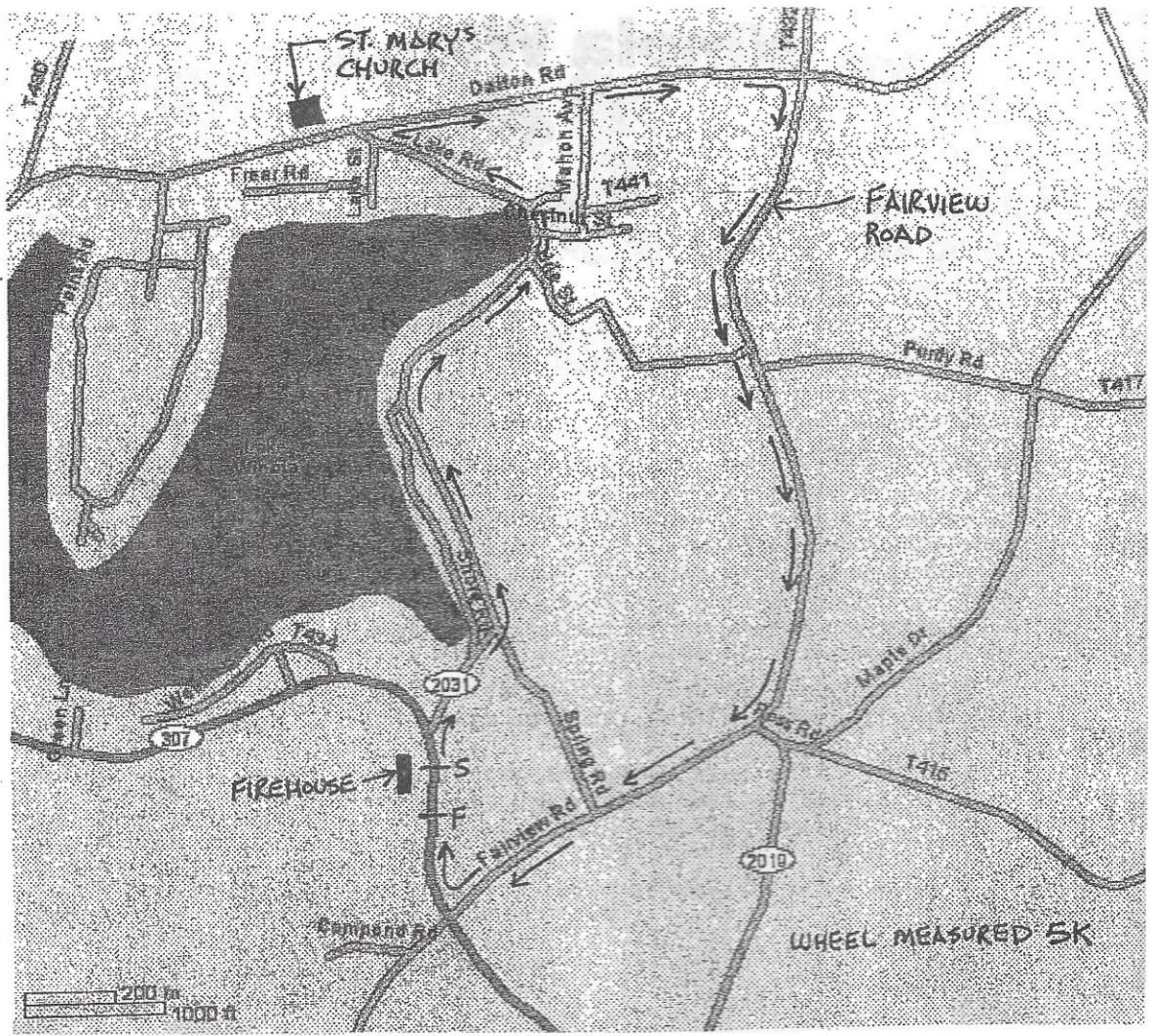
You may direct questions and pre-registrations: **David McGovern**
 PO Box 73 #1204 Route 307
 Lake Winola, PA 18625
 (570)378 2000 or (570)378 2950
 Firehouse Home

*Course is along country roads with some hills. Map is below this form. The race will start and end near the Lake Winola Firehouse. Course has been wheel measured.

In signing this entry, I, for heir's lawyer's executors, administrators, and myself waive and release any and all rights and claims for personal damages I may have against the sponsors of the race, I hereby certify I am physically fit and have trained for this event.

Name: _____ Age: ___ Walk ___ Run ___ Clydesdale ___
 Address : _____ SEX: Male ___ Female ___
 City: _____ State: ___ Zip: _____
 E-Mail Address: _____
 Signature: _____
 Parent's Signature if participant is under 18 year's old _____

Lake Winola Wiggle XVII 5K Walk/Run, Lake Winola Fire Co., Lake Winola, PA 6/30/18 9:00 AM



ELEVATION MAP

