

The XXI Dave McGovern Memorial Winola Wiggle

Wiggle

Race Time

9 am

Saturday June 29th, 2024

New course!

*Pictured on back!

Walking & Running
Divisions



* The Dave McGovern Memorial Winola Wiggle will be held on **Saturday Morning, June 29th at 9:00 am**. 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 & 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 & over (3). Walking awards (1) per age group. The Clydesdale Division, for anyone weighing 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 firehouse.**

* Registration fee will be \$15.00 in advance, and \$20.00 on race day. First fifty (50) runners to register, receive a Winola Wiggle T-Shirt.

* Make checks payable to: Lake Winola Fire Company

* You may direct questions and pre-registrations: **Roy Landsiedel**

PO Box 73 #1204 RT 307

Lake Winola, PA 18625

rlandsiedel@lakewinolafire.com

***NEW COURSE 2024! Map on back. 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: _____ Email Address: _____

Signature: _____

Parents Signature if participant is under 18 years old: _____

Circle Shirt Size: Small Medium Large X-Large 2X

The Dave McGovern Memorial Winola Wiggle 5K walk/run, Lake Winola Fire
Co, Lake Winola, PA. 6/29/2024

NEW COURSE AS OF 2024



LAKE WINOLA WIGGLE XXI (21)

COURSE LENGTH: 2 MILES
(This is an out and back course.
Runners/Walkers must keep to
the right side of the road.)

DATE OF RACE: SATURDAY JUNE 29th
9:00 am Start Time
(Proceeds benefit Lake Winola Fire Co.)

The Dave McGovern Memorial Winola Wiggle 5K walk/run, Lake Winola Fire Co, Lake Winola, PA. 6/29/2024