



THE XXII DAVE MCGOVERN MEMORIAL WINOLA WIGGLE

5K RUN/ WALK

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.



Saturday, June
28th

**RACE STARTS
AT 9 AM**

Registration will be held 7:30 am to 8:45 am.

* 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

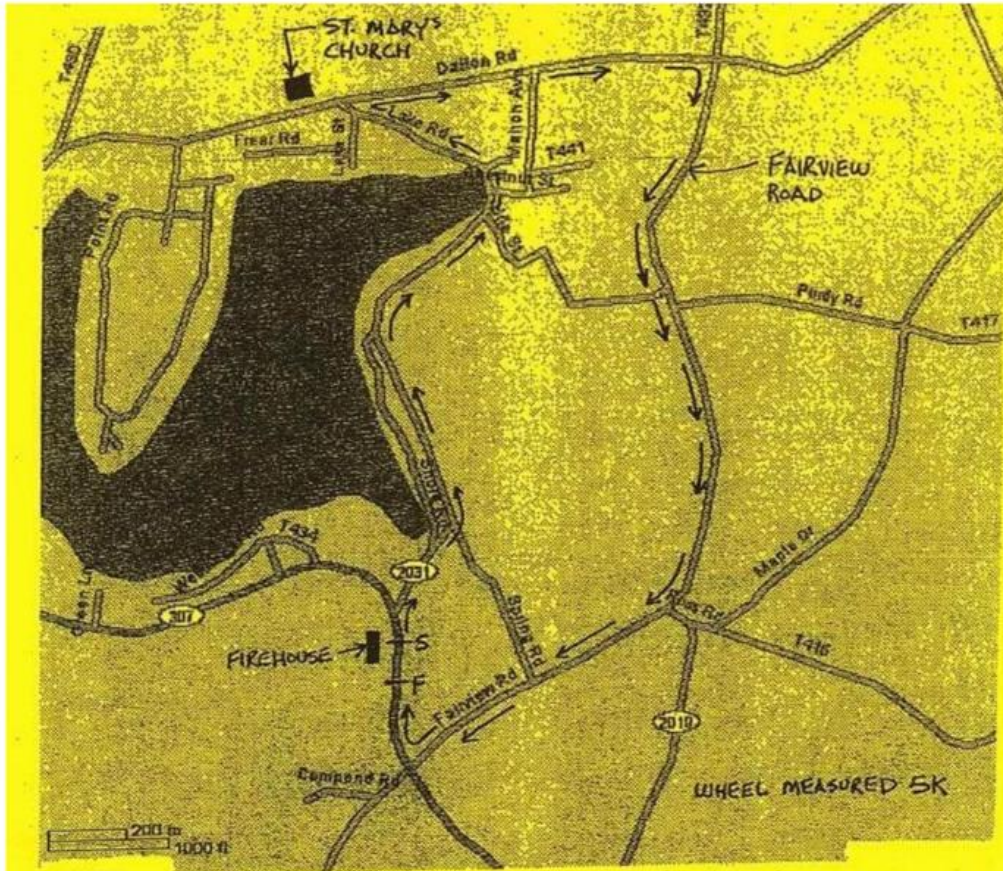
PO Box 73 #1204 RT 307

Lake Winola, PA 18625

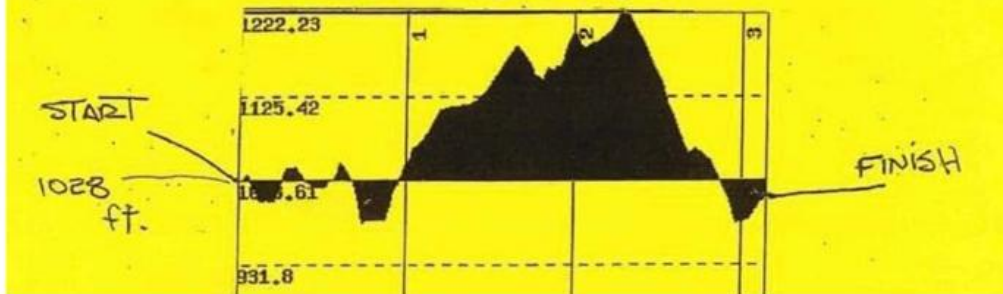
rlandsiedel@lakewinolafire.com



REGISTRATION PAGE



ELEVATION MAP



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