

Indian Head Church of God 4th Annual MILES FOR MISSIONS 5K Race

October 5, 2019 - 9:00 A.M.

Resh's Park - Bike Trail

Pre-Race packet Pickup & Registration: Friday, Oct. 4 from 5 p.m.- 8 p.m. at the Indian Head Church of God Social Room.

Race Day Registration & Packet Pickup: Oct. 5 will be at 8:00 a.m. at Resh's Park.

Kids Fun Run: There will be a Kids Fun Run at 8:30 a.m. before the 5k Race at 9:00 a.m. There is no charge or pre-registration for the Kids Fun Run.

Time/Location: The 5K race starts promptly at 9:00 a.m., Saturday, Oct. 5, 2019. There will be a 1 minute delay for walkers. The starting line and awards ceremony will be at Resh's Park Pavilion immediately following the race.

Results: Don Parks from West Virginia will provide computerized result which will be posted after the race at the awards ceremony.

Runner & Walker Awards: First, Second and Third overall finishers-Male and Female, and first finishers for each age group-Male and Female.

Age on Race Day: 13 & under; 14-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & Over

Fee: Registrations postmarked by September 6, 2019 is \$20. Afterwards it is \$25. *XXL shirts are an additional \$2. **Shirts are not guaranteed after September 6th registration.** We can only accept cash or checks for registration. Checks should be make out to I.H.C.G.

Registrations are available to download from our website: www.indianhead.cggc.org

Name:		Age:
Address:		Date of Birth:
City:		Phone:
State:	Zip:	Email address:
PLEASE CIRCLE ONE!		
Sex: Female / Male	Adult shirt Sizes: S M L XL XXL (\$2.00 additional) Children Sizes: Sm (6-8) Med (10-12) Large (14-16)	
CIRCLE ONE EVENT: Runner Walker		
Fee: Registration postmarked by September 6, 2019 is \$20. Afterwards it is \$25. *XXL shirts are an additional \$2.		
Mail registration to: Indian Head Church of God Miles for Missions 5K, PO Box 488, Indian Head, PA 15446		

In consideration of my entry being accepted in the Indian Head Church of God "Miles for Missions" 5K race, I intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waiver, release and forever discharge any and all rights and claims for damages that I may have or which hereafter accrue to me against The Indian Head Church of God-General Conference, Parks Time Racing , Resh's Park, Saltlick Township, and all sponsors. I understand the difficulty of this event and agree that I am in good physical condition.

Athlete Signature (or parent/legal guardian if athlete is under 18)

Date