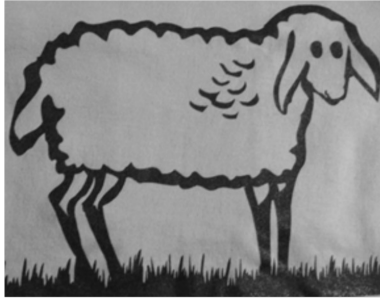


3rd Annual Sheep Shuffle 5K & Little Lambs Mile



When: Saturday, May 13th, 2017, 9am
Where: Good Shepherd Lutheran Church, 1000 N Front St, Liverpool, PA
Sponsor: Good Shepherd Lutheran Church and Susquehanna Ridge Runners Club
Benefits: Benefits the church's mission to minister to the community and to help those less fortunate like through our food and clothing bank
Awards: 5K: Overall Male & Female, plus at least top 3 M/F in the following age groups 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
Little Lambs Mile: Fun Run/Walk, everyone receives award
Course: Out & back course, run in town, start and finish at the church
5K & kids mile will be run at same time
Registration: 5K: \$20 / Kids Mile: \$10
Online Registration: <http://5k.feedmysheep.cc>
Pre-registration ends April 22nd to guarantee a t-shirt
Contact: Ken Toner / ken@feedmysheep.cc / 717-991-0466
Premium: Short sleeve t-shirts to all pre-registered participants and while supplies last
Amenities: Drinks, snacks, yard sale, chicken barbeque available

Mail To: Ken Toner
PO Box 100
Liverpool, PA 17045

Make checks payable to: Good Shepherd Lutheran Church

Race Distance: 5K Kids-Mile (circle one)

Name: _____ M F (circle one) **Age:** _____ (as of 5/13/17)

Street: _____ **City:** _____ **State:** _____ **Zip:** _____

Email: _____ (email used to receive race info & results)
Shirt Size (Adult): S M L XL (circle one)
(Youth): S M L

Waiver: In consideration of the acceptance of my entry, I waive all claims for myself, my heirs and assigns against the Good Shepherd Lutheran Church, Susquehanna Ridge Runners Club, all sponsors, and any individual or municipalities associated with this event, and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am physically fit and have sufficiently trained for this event.

Signature: _____ **Date:** _____
(Parent/Guardian signature if participant is under 18.)