

Fourth Annual Sheep Shuffle 5K & Little Lambs Mile

When: Saturday, May 12, 2018
9:00 a.m.

Where: Good Shepherd Lutheran Church
1000 N Front St, Liverpool, PA

Sponsors: Good Shepherd Lutheran Church and Susquehanna Ridge Runners Club

Awards: 5K – Overall Male & Female, plus top three male and female 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.
Both the 5K & kids mile will start at the same time

Registration: 5K: \$20 / Kids Mile: \$10
Online Registration: <http://5k.feedmysheep.cc>
Pre-registration ends April 23th to guarantee a t-shirt

Contact: Robert Nickel / 5K@feedmysheep.cc

Premium: Short sleeve t-shirts to all registered participants while supplies last

Amenities: Drinks, food stand, bake sale, yard sale, ham & bean soup and chicken barbeque will be available



Mail To: Good Shepherd Lutheran Church,
PO Box G, Liverpool, PA 17045

Make checks payable to:
Good Shepherd Lutheran Church

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

Name: _____ **M F** (circle one) **Age:** _____ (as of 5/12/18)

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

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