



# Johnston Run

## 9th Annual 5 Mile Run/Walk

OR START YOUR  
SUMMER SHAPE UP!

Join the 1 Mile Fun Walk  
on the Lions Club Fitness Trail

### Saturday, May 11, 2019

Lions Club Park • 405 S Park Ave, Mercersburg, PA

Races starts at 9am • Race day registration begins at 7:45am  
at the Lions Club Park pavilion

During TACC's  
**MERCERSBURG  
SPRINGFEST**



5 Miler  
Timing by:



**All race proceeds benefit MPMC Projects**

The Montgomery, Peters, Mercersburg Connectivity (MPMC) goal is to build community vibrancy and enhance public spaces by connecting people and places with safe routes for pedestrians and cyclists.

For Sponsorship & Volunteer Opportunities, Questions: 717-261-7617, ask for Ingrid or [mac4wellness@gmail.com](mailto:mac4wellness@gmail.com)

**Register Online**  
[TimberHillTiming.com](http://TimberHillTiming.com)

- 5 Miler Registration \$30
- 1 Mile Fitness Walk \$15
- Special Family Rate! \$50  
(for immediate family member up to 4,  
separate entry form required for each person)

5 Miler Awards: 10 Year Age Groups M/F

**Online Registration  
available for 5 Miler**

Scan QR Code  
Or Visit [www.mpmcproject.org](http://www.mpmcproject.org)



**Complete and Mail with entry fee (payable to MACWell) to: MACWell • PO Box 216, Mercersburg, PA 17236**

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Please Circle Choices:

Gender: Male / Female

T-Shirt Size: Adult - S M L XL

**Registrations received by  
April 23, 2019 include a T-shirt.**

(Limited supply of T-Shirts will be available race day for \$10.)

Waiver: Upon acceptance of my entry, I, the undersigned, assume all risks associated with participating in this event and do hereby release and discharge MACWell and MPMC from any and all claims for damage, demands, and causes of action arising from or as a result of my participation in the race.

\*Participants under 18 years of age must have a parent or legal guardian sign the application.

Athlete's Signature: \_\_\_\_\_

\*Parent/Guardian Signature \_\_\_\_\_