



Johnston Run — 12th Annual 5 Mile Run/Walk

Saturday, October 21st, 2023

Lions Club Park, 405 S. Park Ave., Mercersburg

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

OCTOBER

21



5 Miler
Timing by:



All proceeds from Johnston Run 5 Mile Run/Walk benefits Council for Wellness Projects. The Council for Wellness Goal is to inspire our community to live a balanced lifestyle through healthy living, physical exercise, and positive mental health.

Thank You to Our Sponsors

12th Annual • 5 Miler Awards: 5 Year Age Groups M/F &
★★★ Finisher Medals for All ★★★

- 5 Miler Registration **\$45** (\$53 with Race T-shirt)
- Special Family Rate! **\$65**
{for immediate family members up to 4,
separate entry form required for each person}

To Order T-shirt, Registrations must be received by October 13th
{Limited supply of T-shirts will be available race day for \$10}

Registration: Complete and Mail with entry fee (payable to MACWell) to:
MACWELL, PO Box 216, Mercersburg, PA 17236 or Register online at www.mpmcproject.org

Name _____ Age on Race Day _____

Company/Team Name _____

Address _____ City _____ State _____ Zip _____

Email _____

Please Circle Choices:

Gender: M / F T-Shirt Size: Adult - S M L XL

Waiver: Upon acceptance of my entry, I, the undersigned, assume all risks associated with participating in this event and do hereby release and discharge Council for Wellness 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 _____