

Kicks Off Feb 4

Register by January 20, 2020: A Couch to MPMC 5 Miler Training Program with Olympian Trainer Phil Wharton!

\$45 Program Includes:

- ✓ Registration for the MPMC 5 Miler (May 9)
- ✓ Kickstart Feb 4th 5:30 pm - "Getting Ready" Workshop with Olympian Trainer Phil Wharton at Mercersburg Am. Legion
- ✓ A weekly gradual workout schedule - tailored to beginner or intermediate level
- ✓ Weekly training meet ups to keep you on track
- ✓ Additional workshop with Phil - Preventing injuries, building strength, and endurance
- ✓ Workshop with experienced runners who share their secrets to getting started and staying committed
- ✓ Success for you in the 10th Annual MPMC 5 Mile Run/Walk on May 9

For information contact: mac4wellnes@gmail.com



MPMC is fortunate to have Phil Wharton to share his training expertise with us!

"For years the Whartons have been considered the 'gold standard' in the field of musculoskeletal health and fitness." USA Today

Read more and listen to (and try!) 25 second "Simply Helpful Tips" at www.whartonhealth.com

All proceeds benefit MPMC Projects



Johnston Run

A MACWell
INITIATIVE

5 Miler
Timing by:



ALL STAR
SPONSOR

DL MARTIN
CO.

9AM - Lions Club Park, Mercersburg PA

10th Annual • 5 Miler Awards: 10 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 member up to 4, separate entry form required for each person)

Registration: Complete and Mail with entry fee (payable to MACWell) to: MACWell • PO Box 2016, Mercersburg, PA 17236 or Registration online at www.mpmcproject.org • Be sure to register by January 20, to include the Couch to 5 Miler Program

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 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 _____