

Good Shepherd Lutheran Church

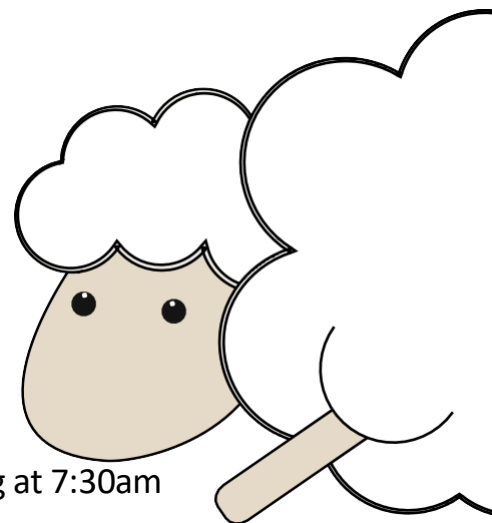
10th Annual Sheep Shuffle 5K & Little Lambs Mile

When: Saturday, May 9, 2026 at 9:00 a.m.

Where: 1000 N Front St, Liverpool, PA

Awards:

- Little Lambs Mile: everyone receives a medal.
- 5K: Top male and female and awards to age groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+
- Course: Out & back course, run in town, start and finish at the church. Both the 5K & kid's mile will start at the same time
- Packet pickup will be on race day with race day registration starting at 7:30am



Registration: Please register by April 12th to guarantee a T-shirt.

- 5K: \$20
- Kids Mile: \$10
- Online Registration: <http://5k.feedmysheep.cc>

Contact: Robert Nickel - 5K@feedmysheep.cc

T-Shirts: Short sleeve T-shirts to all registered participants while supplies last.

Amenities: Drinks & snacks provided. Afterwards there will be vendors and a yard sale.

Kettle cooked soup & BBQ Chicken are available for purchase (made before race).

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 5/10/25)

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

Email: _____

Email used to receive race information only (not sold 😊)

Shirt Size (circle one): Adult - S M L XL 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, 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