Mr. Ed's 32rd annual "Superbowl Warm-Up" Virtual 5k

JANUARY 29 through FEBRUARY 7, 2021

Virtual running works the same as any other type of running but the difference is that the entered race can be run at any location, at any pace, inside on a treadmill or outside in another country. All you have to do is register and be able to time your run or walk over a measured distance of 3.1 miles.

Run or walks accomplished from January 29th thru February 7th can be counted. Times must be recorded on the results web page at www.Score-This.com/running. Deadline is midnight February 7th.



Circle Your Shirt Size: S M L XL XXL (additional \$3.00)

In consideration of your accepting my entry, I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights & claim for damages which I may have against Mr. Ed's "On The Road" Athletic Club, Pony's Irish Pub, The Middleport Volunteer Fire Co. #1, Inc. and their sponsors for any injury or damages which may be sustained as a result of my participation in this event or arising out of traveling to or from this event. I certify that I am in good health & able to participate in this event.

I Am Entering The: 5K RACE 5K WALK

NO FIREMEN'S 3 X 1 MILE RELAY THIS YEAR

Age on Race Day:

Date of Birth: / /

SIGNATURE _____ Parent if Under 18_____

PROCEEDS BENEFIT: THE MIDDLEPORT VOL. FIRE CO. - SCHOLARSHIP FUND

For Race Use Only

ONLINE REGISTRATION highly recommended at www.score-this.com