



**Pilgrimage
Track Club**



www.pilgrimagetrackclub.com

17th annual Mug Mile
Friday – May 6, 2016 – 6:00 PM
Germantown High School Track

All Ages, All Abilities Welcome!! Registration is FREE!!
Find Out How Fast You Can Run A Mile!
Heats to be determined depending on the number of participants.
Awards to Top 3 Overall Male and Female /
Top 3 Masters Over 40 Male and Female



Held in honor of the anniversary on which
Sir Roger Bannister broke the historic 4 minute barrier.

In Cooperation with:
Germantown High School Track
and Healthy School Team Initiative

TIMING SERVICES BY:



NAME (PLEASE PRINT): _____ AGE: _____ GENDER: _____

E-MAIL ADDRESS: _____

SIGNATURE OF PARTICIPANT OVER 18 YEARS OF AGE OR PARENT/LEGAL GUARDIAN OF MINOR UNDER 18 YEARS OF AGE:

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Pilgrimage Track Club, Memphis Runners Track Club, or Germantown High School for any and all injuries suffered by me in this event or arising or growing out of participating in said event. I attest and verify that I am physically fit and have trained for this event. Further, I hereby grant permission to any and all photographs, video, recording and any record of this event for any purpose.