

# Wings of Kindness

## 5K Run

When: Saturday, August 1, 2026 (Rain or Shine)

Where: Millerstown Pool Pavilion

Pre-Register: Online at [Wingsofkindness.org](http://Wingsofkindness.org) (Closes July 27@midnight)



Race Day Registration: 7:30-8:15 AM

Race Time: 8:30 AM

Cost: Pre-register - \$25 with shirt, \$20 without shirt

Race Day - \$30 with shirt, \$25 without shirt

Ghost runner-not running but want a shirt \$12

Virtual runner-I'll run on my own – same cost as pre-register

Donation-Not running/donation only – indicate shirt size if desired

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Route 333 Supplies, Frymoyer Car Wash & Laundromat, Philippians 4:13, LLC, Jason Lesh Construction, RE Smith & Son, Barnes Body Shop, Register Chevrolet, Hengst & Stirling Family Dental, CPRS, Bread Of Life Restaurant, Juniata Dental Center, JP Russell & Son, Mosebey Law Group

HM Flickinger & Sons, Millerstown Veterinary Assoc., Bratton Insurance, Frymoyer Storage, Roger Snyder Insurance, Heller's Home & Hardware, Bryner's Siding & Seamless Gutters  
L.W. Brodisch Real Estate, Rickenbaugh Building Supply, Juniata Valley Bank, Apollo Fence Co., Perry Pallet, Hooper

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_ Male or Female \_\_\_\_\_

Mailing Address \_\_\_\_\_

T-Shirt (while supplies last) Circle One: **No Shirt**

**Youth:** Medium Large **Adult:** Extra Small Small Medium Large XL XXL

**Waiver Statement** – I hereby assume all risks to my participation in the Wings of Kindness 5K event. I release myself, my heirs, and executives from any claim against Wings of Kindness and all sponsors and helpers.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent Signature if under 18)

Contact: Jo Gantt 717-589-9938 or [jgantt2223@gmail.com](mailto:jgantt2223@gmail.com)

Mail to: Jo Gantt/Wings of Kindness 5K, 162 Deer Drive, Millerstown, PA 17062

**LOTS OF DOOR PRIZES!!**