

Paul and Mike's Excellent Mile 2019--#25!

To Benefit the Ronald McDonald House, Amarillo

Saturday July 13, 2019 Thompson Park--Amarillo, TX

Entry Fees: \$20 for ages 14 and up, \$15 for ages 13 and under, until July 6. After that, the prices go up to \$25 and \$20.

Race Day Schedule: 8AM-Master's Heat, runners age 40 and over
8:30-Open Heat, runners age 14-39
9AM-Children's Heat, age 13 and under, walkers welcome
10AM-Awards and Bounties presented

Awards: to the first place Male and Female, overall and masters. Also to the top finishers in each age group: 0-9, 10-13, 14-18, 19-29, 30's, 40's, 50's, 60's and 70+.

Race Bounties of **\$500** for new course records, overall or masters & **\$100** for age group records!

Everyone gets a custom designed race shirt, a special race gift and yummy refreshments.

Before 7/06/19, mail your entries to Mike Flores, 8402 New England, Amarillo, TX 79119.

You can also enter in person on race morning or at Get Fit on Friday July 12, 2019, from 5-6PM.

Make checks payable to Paul and Mike's Excellent Mile.

NAME _____ AGE (on 7/13/19) _____

SHIRT SIZE YS YM YL AS AM AL XL SEX M F

ADDRESS _____ BIRTHDAY _____

CITY _____ STATE/ZIP _____

EMAIL _____ PHONE _____

I promise to behave, have fun, enjoy the swag, run hard and not to sue anyone involved with this event, because I just love running!

SIGNATURE OF ENTRANT/PARENT/GUARDIAN _____

PAUL AND MIKE'S EXCELLENT RECORDS

MALE

OVERALL: 4:13.9 Josh McAdams '05
MASTERS: 4:43.2 Charlie Hennessey '01
HANDCYCLE: 4:38.4 Ronnie Kimbrell '05

FEMALE

5:13.5 Jennifer Marable '98
5:45.9 Jennifer Nickell '18*

0-9	5:59	Ryan Kimbrell '97	6:46.8	Erin Folkner '13
10-13	5:22.7	Miles Cox '17*	5:36.2	Bree Schrader '05
14-18	4:30.5	Anthony Pequeno '08	5:13.5	Jennifer Marable '98
19-29	4:13.9	Josh McAdams '05	5:30.4	Anna Thibodo (Duval) '11
30-39	4:46.0	Brent Darnall '14	5:28.3	Karen Cooley '95
40-49	4:43.2	Charlie Hennessey '01	5:45.9	Jennifer Nickell '18*
50-59	5:06.6	Richard Burns '14	6:21.1	Karen Roberts '18*
60-69	5:21.5	Richard Burns '18*	7:39.8	Mo Brydon '04
70+	5:53.4	Ino Cantu '08	11:55	Terry Wagoner '05