



# 33<sup>rd</sup> Annual Goose Day 5K And Kids Run



Market Street, Lewistown, PA

Saturday September 25th, 2010

5K Start: 9:00 a.m.

Kids Run Start: 9:45 a.m.

Race Day registration: 7:30 a.m. – race time. Old Courthouse Steps

5K Organized by: **the Juniata Valley Striders**

**5K Entry Fee:** \$15.00 Preregistered by Sept. 20<sup>th</sup>, \$20.00 afterward

**Kids Run: FREE**

**Course:** Start and finish Downtown Lewistown on the Square, mostly flat fast course through south Lewistown.

**Awards:** Trophies to top three overall and each age group (No duplications)

Age Groups:

Women 13 and under, 14-18, 19-29, 30-39, 40-49, 50+

Men 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60+

-----  
Detach and return to: The Juniata Valley Striders, 21 E. Market ST, Lewistown, PA 17044, Make checks payable to:

**The Juniata Valley Striders**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Shirt Size (5K only): \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that **bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline.** Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Juniata Valley Striders, the Borough of Lewistown and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Date

Parent Signature if under 18

www.jvstriders.com