

1st Annual Juniata River Rat 5K Run



Near Mifflintown. PA Just off the Arch Rock Exit of Route 322

Saturday August 21st, 2010

5K Start: 9:00 a.m.

Race Day registration: 7:30 A.M. to 8:45 A.M. At Cameo Kitchens

5K Organized by: the Juniata Valley Striders

Benefits: Kiwanis Club of Juniata County

5K Entry Fee: \$15.00 Preregistered by August 14th, \$20.00 thereafter

Course: A perfectly flat out and back course along the Juniata River. On the William Penn Hwy. (Old route 22)

Attractive T-Shirt guaranteed to all Pre-registered Runners

Awards: Awards to 1st Male and 1st Female overall and 1st, 2nd, and 3rd of each age group (No duplications)

Age Groups:

Women 13 and under, 14-19, 20-29, 30-39, 40-49, 50 and over

Men 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59,
60 and over

Directions to the Run: Coming from the East (Harrisburg) on Route 322 W the Arch Rock Exit is 2.5 miles West of the RT 35 Mifflintown Exit. Take the Arch Rock exit. At the stop sign turn left (south) and proceed .3 Mile to the stop sign. Turn right and you are there. Coming out of the West on RT 322 East, take the Arch Rock Exit. At the stop sign turn right (South) and proceed .25 Mile to the stop sign. Turn right and you are there. Coming out of the North or South on RT 35 or Rt 75, take RT 322 West toward Lewistown and go to the Arch Rock exit and proceed as above.

Detach and return to: Jerry Ranck 3646 William Penn Hwy. Mifflintown, Pa. 17059, Make checks payable to:

The **Juniata Valley Striders**

Name: _____ Age: ____ Sex: ____ Shirt Size ___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, Fermanagh Township, 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

www.jvstriders.com

Date

Parent Signature if under 18