

# ***TRAIN WRECK TREK 5K***

**Bender Park, Reedsville, PA**  
**Saturday, June 13, 2009 Start: 9:00 AM**  
**Race day registration opens: 8:00 AM**

**ORGANIZED BY:** Juniata Valley Striders, RRCA sanctioned.

**COURSE:** Wheel-measured 5 kilometer course. 1/3 paved, 2/3 old rail bed **with some challenging footing.**  
Start at Bender Park, follow Honey Creek Road and the old KV Railroad bed; finish at Main Street, Reedsville.

**AWARDS:** Awards to the top male and female finisher. Awards to the top two finishers in each age category (*no duplications*).

**Males:** 19 & under, 20-29, 30-39, 40-49, 50-59, 60+

**Females:** 19 & under, 20-29, 30-39, 40-49, 50+

**ENTRY FEE:** \$12 if postmarked/delivered by June 6th, \$15 thereafter.

*Checks payable to:* Juniata Valley Striders  
21 East Market Street  
Lewistown, PA, 17044

**DIRECTIONS:** Take 322 to the Reedsville exit. Turn right on Main Street toward the center of Reedsville. Go through the traffic light in the center of town and straight one block. Take a left onto East Tony Street and go two blocks to Bender Park. East Tony Street will be closed for Reedsville Community Day, so you will need to park and walk to the start.

**QUESTIONS:** Call Kirk Rager at (717) 667-3780 or [kirk.rager@olympusndt.com](mailto:kirk.rager@olympusndt.com)

**T-SHIRTS:** Guaranteed to all preregistered runners. Limited supply on race day.

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**NAME:** \_\_\_\_\_ **AGE ON RACE DAY:** \_\_\_\_\_ **SEX:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_  
**PHONE:** \_\_\_\_\_ **EMAIL ADDRESS:** \_\_\_\_\_  
**SIZE:** MED \_\_\_\_\_ LARGE \_\_\_\_\_ XLARGE \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. 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 or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 Runners Club, Brown Township, and all sponsors, property owners, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

**SIGNATURE:** \_\_\_\_\_ **PARENT/GUARDIAN if under 18:** \_\_\_\_\_