

Y Run 5K

Saturday, July 18, 2009

9:00 a.m.

Organized: by the Juniata Valley YMCA
Registration held at the Juniata Valley YMCA in Burnham

Course: 5 kilometer (3.1) wheel measured course with rolling hills

Awards: Specially designed awards to the top male and female finisher.

Awards to the top three finishers in each age category (no duplications)

Males: 14 & under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69. 70 & over

Females: 14 & under, 15-19, 20-29, 30-39, 40-49, 50 & over

Entry Fee: \$12 if postmarked by July 12. \$15 thereafter

SPECIAL – Kids age 12 and under \$8 preregistered and \$10 race day!

Checks payable to: Juniata Valley YMCA

105 First Avenue

Burnham, PA 17009

Shirts guaranteed to all pre-registered runners. *Very Limited supply on race day.*

Questions: Contact Stacey at Juniata Valley YMCA at (717) 248-5019

Name: _____ Age on Race Day: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Shirt Size: ___ Adult Small ___ Adult Med ___ Adult Large ___ Adult X large

___ Youth S ___ Youth M ___ Youth L
(youth sizes only available when pre registering*)

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 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 YMCA, Juniata Valley Striders, Burnham Borough and Derry Township, all their sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature

Date

Parent/Guardian if under 18

Date