

JUNIATA VALLEY STRIDERS RUNNING CLUB

Founded in 1980, the Juniata Valley Striders Running Club has been promoting running and fitness in Mifflin and Juniata Counties through organization of and participation in hundreds of events.

The club encourages running and offers opportunities for local runners to take part in fun runs and races.

Membership is open to anyone with an interest in running and fitness.

It's your life, run it...with us!

EVENTS

The Juniata Valley Striders organizes several local races each year.

Among them are the long-running Goose Day 5K in September in Lewistown, Greenwood Furnace Trail Challenge Half-Marathon in May, River Rat 5K Run in August in Mifflintown, and the Big Valley 10K in November in Belleville.

In addition, the club annually provides timing for approximately 8-12 other running events. Information on timing services is available on the club's website at www.jvstriders.com. Race organizational expertise and insight are available from club members who have served as race directors.

The club holds informal group runs for those of any level or ability.

CLUB PARTICIPATION

The Juniata Valley Striders prides itself on the accomplishments of its runners. Every year, at least one club member qualifies and competes in the prestigious Boston Marathon. Over the years, club members have crossed the finish line of hundreds of marathons, nationally and in other countries.

Club members have also been a part of teams for the Ragnar, American Odyssey, Vermont, and Tussey Mountain relay runs. A few have taken part in the Tough Mudder series.

Because of their broad experience in these and other events, club members provide a wealth of information on training, nutrition, and competition. They enjoy talking about running and helping those with less experience. Their expertise is readily available and it's free!

YOUTH RUNNING

The JVS is a strong supporter of youth running. The club helped establish and sponsors the Juniata Valley Striders Youth Track and Cross Country programs.

In addition, the club each year awards four \$250 dollar scholarships to senior track and/or cross country runners at Mifflin and Juniata County high schools.

CHARITABLE CONTRIBUTIONS

Since its inception, the JVS has contributed to local charitable organizations through race proceeds. The amount the club donates increases each year. In 2014, local charities received over \$14,000 dollars from the club. Those benefactors included the Special Olympics, Big Brothers/Big Sisters, Kiwanis of Juniata County, Big Valley Ambulance, United Way, Wounded Warrior Project, and Mifflin County Historical Society.

BENEFITS OF CLUB MEMBERSHIP

There are several benefits to being a JVS member.

Annual dues are just \$10. Members can take advantage of a \$5 discount on entry fees for **all** club races. The discounts apply to both pre-registration and race day registration.

Club meetings are held the first Thursday of each month at 7 pm the Downtown OIP and Grille in Lewistown. The business portion wraps up completed within an hour, giving members time afterward to socialize and talk about running.

The club also holds an annual banquet in January where it recognizes and rewards those members who have accumulated the most points for their contributions and participation during the past year.

But most of all, being a member of the Juniata Valley Striders is an opportunity to enjoy fun and camaraderie while promoting and supporting running.

Just fill out an application...and run with us!