



6<sup>th</sup> Annual

Sunny Day 5K Run/ 3K Fun Walk

June 2, 2018 Registration: 7:00a.m. Race: 8:30a.m.

McVeytown, PA



Organized by: *The Justin Henry Scholarship Trust*

Supported by: The McVeytown Lions Club & The Juniata Valley Striders

Course: The 5K run is 5 kilometers (3.1 miles) wheel measured. Beginning at the Square in McVeytown, going across the river bridges, turning onto River Rd, proceeding out to turn around point and returning the way you came while finishing on Water St. behind the McVeytown Fire House. While the 3K walk is 3 kilometers (1.8miles) following the same route to a turnaround point and finishing at the Fire House

\*The course can be seen at <http://www.mapmyrun.com/events/565924/>.

Registration: at the Square in McVeytown

Awards: 5K Run. Trophies to top overall male & female finishers.

Awards given to top 3 in each age group (No duplications)

3K Walk. Awards to the top 5 male and female finishers.

Age Groups:

Women: 10 & under, 11-13,14-16,17-19, 20-29, 30-39, 40-49, 50-59,60+

Men: 10 & under, 11-13,14-16,17-19, 20-29, 30-39, 40-49, 50-59,60+

Entry Fee: \$20 if postmarked before May 18, 2018 & \$25 thereafter

\*Special Kids Rate (13 & under) -- \$10 before May 18th & \$15 thereafter

\*\* Custom designed T-shirt for all preregistered runners.

Limited Supply of T-shirts day of race- kids sizes **ONLY** available with Pre-registration.

Make Checks Payable to, Detach and return to: **Justin Henry Scholarship Trust, PO Box 301, McVeytown, PA 17051**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Email Address: \_\_\_\_\_

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

Please Mark: 5K Run \_\_\_\_\_ 3K walk \_\_\_\_\_

Shirt Size: YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_ AXXL \_\_\_\_\_

I know that running a road race is a 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, 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 Justin Henry Scholarship Trust, the Juniata Valley Striders, the Borough of McVeytown, Bratton 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 \_\_\_\_\_ Date \_\_\_\_\_ Parent Signature if under 18 \_\_\_\_\_  
[www.jvstriders.com](http://www.jvstriders.com)  
[www.justinhenrytrust.com](http://www.justinhenrytrust.com)