

# Run with the PACK Glow Run

## Saturday, May 18th, 2019

### 8:00 p.m.



**Organized by:** Mifflin County Junior High School PBIS Student Team and supported by Juniata Valley Striders (visit our site - [jvstriders.com](http://jvstriders.com))

**Course:** Track is approximately 1 mile – 4 person relay – 4 miles total  
(4 runners around the walking track at Kish Park in Lewistown)

**Awards:** 1st, 2nd, and 3rd place teams

**Fee:** Preregistration (before May 1st) - \$40 per team **plus** any donations to the MCSD Homelessness Pantry, which may be submitted the day of the race.

After May 1st - \$60 per team **plus** any donations to the MCSD Homelessness Pantry

Teams may register the day of the race. Registration held at Kish Park beginning at 7:00 p.m.

Proceeds benefit the MCJH PBIS Program and the MCSD Homelessness Pantry (see attached for descriptions).

Glow in the dark items will be available for sale at the registration table.

Checks payable to: Juniata Valley Striders

Send registration and payment to: Joe Eckenroth, 700 Cedar Street, Lewistown, PA, 17044

**Questions: Contact Joe Eckenroth at (717) 248-5441, Ext. 7201**

Your Name: \_\_\_\_\_ M/F \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

\*\*Each participant will need to complete a separate application and sign it

Team Members' names: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_\*\*

I know that running in a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform in this event, am in good health and 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 race 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 heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand bicycles, skateboards, baby strollers, roller skates, rollerblades, animals, and headsets are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in the consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Juniata Valley Striders running club, Road Runners Club of America, Derry Township and all race sponsors and 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.

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Signature

Date

Parent Signature if under 18

## **Positive Behavior Interventions and Supports at Mifflin County Junior High School**

The main focus of PBIS is to provide a clear system for all expected behaviors at Mifflin County Junior High School. Through PBIS, we work to create and maintain a productive, safe environment in which ALL school community members have clear expectations and understandings of their roles in the educational process.

Our school-wide recognition and acknowledgement system benefits ALL students who follow our school-wide expectations. PBIS focuses on positive behavior. Students are taught and acknowledged for following the expectations in all areas of the school. Students must be problem solvers, act responsibly, work hard, and show respect in and out of the classroom.

## **PBIS AT MCJH**

RUN WITH THE...

be res**P**onsible

act s**A**fely

have **C**haracter

ma**K**e a difference



## **MCS D Homelessness Pantry**

The Mifflin County School District, in conjunction with the Association of Mifflin County Educators, maintains a Homelessness Pantry. Student homelessness is an issue for all school districts, including Mifflin County. Precipitating events that lead to homelessness include abandonment, natural disaster, death of a parent or guardian, domestic violence, eviction, fire, hospitalization of a parent or guardian, incarceration of a parent or guardian, decrease or loss of income or separation from family. Many negative social and academic outcomes may be associated with student homelessness.

Students and their families who are classified as homeless can receive supplies and support from the district's Homelessness Pantry. Below are a list of current items that would most benefit the Homelessness Pantry:

- **Monetary donations**
- **Wal-Mart gift cards**
- **Chapstick**
- **Lotion**
- **Soap/Body Wash**
- **Loofas/Washcloths**
- **Travel packs of Kleenex**
- **Winter Hats/Gloves**
- **New Shirts/ Pants/ Socks/ Underwear  
in all sizes**
- **Pencils, Pens, Markers, Crayons**
- **3-Ring Binders**
- **Notebooks**



**We encourage each team to bring some items to donate to the MCS D  
Homelessness Pantry!**