



42nd annual Goose Day 5K Run

Monument Square, Lewistown, PA

Saturday September 28, 2019

9:00 a.m.

Race Day registration: 7:45 a.m. till race time.



Organized by: Juniata Valley Striders Running Club (www.jvstriders.com). Member RRCA.

Entry Fees: Pre-registration--\$20 Runners 18 & under--\$15
Family rates--\$30 for two \$40 for three \$50 for four
Race Day Registration--\$25 (ALL RUNNERS)

Course: Flat and fast. Start and finish at Monument Square, Downtown Lewistown.
For this year, course is altered due to bridge replacement on South Main Street.
Revised course map available at <https://www.mapmyrun.com/routes/view/1791715760>

Amenities: Goose Day Run technical t-shirts to the first 100 registered runners. Limited supply race day

Awards: Goose Day trophies to first overall male and female, and first masters' male and female finishers.
Goose Day trophies to the first place winners in each age group; medallion trophies to second and third places in each age group (No duplications)
(Goose Day first place trophies courtesy of KC's Gifts, Jewelry and Awards of Lewistown)
Awards to the youngest and oldest finishers, and person traveling the farthest distance

Age Groups: Men & Women--12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Race proceeds benefit the JVS youth track and cross country programs & high school scholarships

Detach and mail to: Juniata Valley Striders, P.O. Box 211, Reedsville, PA 17084

Make checks payable to: **Juniata Valley Striders**

Name _____ Age _____ Sex _____ Shirt Size (circle) **YL AS AM AL XL**

Address _____ Zip: _____ Phone _____

Email Address _____

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, the Borough of Lewistown, 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.

Signature

Date

Parent Signature if under 18