

19th BIG VALLEY 10K

**Start and finish at Maple Grove Mennonite Church
115 Maple Grove Road, Belleville, PA, 17004
Saturday, November 9, 2019 Start: 9:00 AM
Race day registration opens: 8:00 AM**

ORGANIZED BY: Juniata Valley Striders, RRCA sanctioned; *benefits the Big Valley Ambulance Company and the JV Striders.*

COURSE: 10 kilometer (6.2 mile) wheel-measured loop 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: 19 & under, 20-29, 30-39, 40-49, 50-59, 60+

Females: 19 & under, 20-29, 30-39, 40-49, 50-59, 60+

ENTRY FEE: \$20 if postmarked by November 4th, \$25 thereafter (\$15 for 12 and under).

Checks payable to: Juniata Valley Striders

Mail to: Paul Raber
PO Box 972
Belleville, PA, 17004

DIRECTIONS: Follow Rte. 655 to Belleville. From the west, turn left onto Maple Grove Road (after Sharp Shopper on left). From the east, turn right onto Maple Grove Road. Go ¼ mile to Maple Grove Church parking lot.

QUESTIONS: Call Paul Raber at (717) 935-0170 or praber@embarqmail.com

No headphones or strollers, please!

T-SHIRTS: Guaranteed to all preregistered runners. Limited supply on race day.

NAME: _____ **AGE ON RACE DAY:** _____ **SEX:** _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **EMAIL ADDRESS:** _____

T-SHIRT SIZE: SMALL _____ MED _____ LARGE _____ XLARGE _____

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 being 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 Striders Runners Club, Union Township, Maple Grove Mennonite Church and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE: _____ **PARENT/GUARDIAN if under 18:** _____