



JUNIATA VALLEY STRIDERS



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FALKNER TECHNOLOGIES, LLC

The Chillin 4K IceFest Run/Walk

Friday December 2nd, 2022 -Downtown Lewistown, PA

4K Start: 6:00 PM –Start of Festival of Ice

Race Day registration: 4:30PM – race time @ Falkner Technologies, LLC

4K Organized by: The Juniata Valley Striders

4K Entry Fee: \$20.00 Preregistered by Nov. 25h \$25.00 afterward.

Kids 13 and under \$15 by Nov. 20th \$20 afterward.

Course: Start and finish Downtown Lewistown. Mostly flat course on partially lighted streets and Rec Park walking path.

Awards: Trophies to top overall male and female finishers. Awards to top 3 in each age group (No duplications)

-Most Festive - sponsored by the Festival of Ice

Age Groups:

Women 10 and under, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60+

Men 10 and under, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Detach and return to: Falkner Technologies 29 W. Market ST, Lewistown, PA 17044, Make checks payable to:

The Juniata Valley Striders

Name: _____ Age: _____ Sex: _____ Shirt Size: S M L XL

Address: _____ Zip: _____ Phone: _____ Email: _____

I know that running a road race is 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, baby joggers, roller skates or roller blades and animals 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 Juniata Valley Striders, the Borough of Lewistown 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

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www.jvstriders.com

www.juniatarivervalley.org