



45th annual Goose Day 5K Run

Monument Square, Lewistown, PA

Saturday September 30, 2023

9:00 a.m.

Race Day registration begins at 7:45 a.m.



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.

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
(Masters overall trophies presented in memory of longtime JVS president Cosmo Mannino)
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)
(Overall and first place trophies courtesy of KC's Gifts, Jewelry and Awards, Lewistown)
Special awards to the youngest and oldest finishers

Age Groups: Men & Women--10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

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

DETACH & 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) **Youth Med Youth Large Adult Small Adult Med Adult Large Adult XL**
Address _____
Zip: _____ Phone _____
Email Address _____

READ AND COMPLETE WAIVER FORM BELOW

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, in good health, and 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 attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Juniata Valley Striders Running Club, the Borough of Lewistown, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature

Date

Parent Signature if under 18