



44th annual Goose Day 5K Run

Monument Square, Lewistown, PA

Saturday September 24, 2022

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.

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

DO NOT DETACH--MAIL ENTIRE FORM (INCLUDING FULL WAIVER) 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 ON REVERSE SIDE

GOOSE DAY 5K RUN WAIVER FORM (PLEASE READ CAREFULLY BEFORE SIGNING)

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, 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 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, including but not limited to falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. 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 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, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature

Date

Parent Signature if under 18