



MIFFLIN-JUNIATA
ARTS COUNCIL

1st Annual Arts Fest 10K



Rec Park, Lewistown, PA
Saturday May 22nd, 2010
10K Start: 9:00 a.m.

Race Day registration: 7:30 a.m. – race time. Rec Park, Lewistown

10K Organized by: **the Juniata Valley Striders**

Sponsored by: **Falkner Technologies, LLC**

10K Entry Fee: \$15.00 Preregistered by May 16th. \$20.00 afterward

Kids Run: FREE

Course: A rolling course starting and finishing at Rec Park in Lewistown.

Awards: Awards to top three overall and each age group (No duplications)

Age Groups:

Women 13 and under, 14-19, 20-29, 30-39, 40-49, 50 and over

Men 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59,
60 and over

Detach and return to: The Juniata Valley Striders, 21 E. Market ST, Lewistown, PA 17044, Make checks payable to:
The Juniata Valley Striders

Name: _____ Age: _____ Sex: _____ Shirt Size (5K only): ___S ___M ___L ___XL

Address: _____ Zip: _____ Phone: _____

Email Address: _____

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, animals, and headsets 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, the Arts Fest Committee, 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

www.jvstriders.com