



48th annual Goose Day 5K Run

Monument Square, Lewistown, PA

Saturday September 26, 2026

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—\$25 Runners 18 & under—\$20
Family rates—\$40 for two; \$55 for three; \$70 for four (\$15 for each additional member)
Online registration available at runsignup.com (closes Wed, Sept 23 @ 11:59 pm)
Mail-in registration must be **RECEIVED by Wed, September 23**
Race Day Registration (**ALL RUNNERS**)—\$35

Course: Flat and fast. Start and finish at Monument Square, Downtown Lewistown.

Amenities: Goose Day Run technical shirts to **all pre-registered runners**. Limited supply race day.

Awards: Goose Day trophies to first overall male and female and first masters' male and female
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: Male & Female—10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Race proceeds benefit area youth & HS cross country/track programs, and JVS scholarships

MAKE CHECKS PAYABLE TO: **Juniata Valley Striders, PO Box 211, Reedsville, PA 17084**

Name _____
Gender _____ Age on race day _____ Date of birth _____
Address _____
Zip _____ Phone _____ Email _____
Shirt Size (circle) **Youth Med Youth Large Adult Small Adult Med Adult Large Adult XL**

READ AND COMPLETE WAIVER FORM BELOW

I know that running a road race is a potentially hazardous activity, which could cause injury or death. By my signature, I certify that I am medically able to perform this event, in good health and 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, the Pennsylvania Department of Transportation,, and the Road Runners Club of America, event sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature

Date

Parent Signature if under 18