

The May Day 5K is a flat, fast, and USA Track & Field certified course. It will be the same course as the Race for the Nation 5K. Planning to run the same course in early May and then again in mid-August will allow you to set a benchmark to track your progress through the summer. The course begins on Gateway Ave. in front of the Jack Gaughen Realtor office to Walker Rd. It then loops through the Maple Run neighborhood before returning to Gateway Ave. So whether you run or walk or somewhere in between, please join us in supporting Jerry's kids.

**** Post race drawing for 2 free pairs of Brooks running shoes & gift certificates from local businesses****(All pre-registered runners receive an additional entry in drawing)

Thank you for participating.

Race day registration and packet pick-up are from 7:15— 8:15am in front of JGR.

5K Entry - \$20

T-shirts are guaranteed to all who pre-register by April 12th.

5K Awards

- **1st—Male/Female overall**
\$50 gift certificate to The Runner's Sole
- **1st-Masters Male/Female overall**
\$50 gift certificate to The Runner's Sole
- **Age group awards-1st&2nd place**
(10&under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

****Make checks payable to:**

JGR Foundation
Mail to: JGR-5K
464 Gateway Ave
Chambersburg, Pa 7201

Directions: From I81, take Exit 17. turn west toward shopping center. At 2nd light turn right onto Gateway Dr. Take immediate left into Gateway Center parking lot.

May Day 5k for MDA

Sign up for:	Price before 4/12	Price after 4/12
◇ 5k Adult	\$20	\$25
◇ 5k Student	\$10	\$15

NAME: _____

ADDR: _____

PHONE: _____

EMAIL: _____

AGE ON RACE DAY:

GENDER: M F

ADULT SHIRT: S M L XL XXL

YOUTH SHIRT: S M L

Waiver: I know that running a road race could be dangerous. I will not enter the race unless I am medically able and have trained properly. I will abide by any decision that the race official makes relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to the following: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, road conditions and traffic, all other risks known and appreciated by me. After reading this waiver & knowing these facts and in consideration of your accepting my entry, I, for my self and anyone entitled to act on my behalf, waive and release Jack Gaughen Realtor, Borough of Chambersburg & all other 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

SIGNATURE: _____

PARENT'S SIGNATURE if under 18: _____

Contact Person: Tim Fisler, 717-496-7431

Email: tim.fisler@jgr.com

464 Gateway Ave, Chambersburg, Pa 17201

SPONSORS

Jack Gaughen Realtor

Chambersburg Road Runner's Club

Brooks

LIV-sports drink

The Runner's Sole

Hagerstown Speedway

Giant

Rain Tunnel Car Wash

Olympian Athletics

Secured Land Transfers

Rosalies

Red Lobster

Edible Arrangements

MDA

Helping Jerry's kids

MDA is the non-profit health agency dedicated to curing Muscular Dystrophy by funding Worldwide research. The Association provides comprehensive health care and support services.

There is no single disease called Muscular Dystrophy . The term designates a group of hereditary muscle-dystrophy disorders such as: a myotrophic lateral sclerosis (ALS) and spinal muscular atrophy (SMA).

MDA provides youngsters with summer camping activities geared to their special needs. In 2008, MDA sponsored 90 camp sessions for more than 4300 campers. MDA camp is staffed by health professionals who volunteer their services. Campers are assisted by volunteer counselors, who often continue their friendship with campers on a year round basis.

You can join Jerry Lewis and thousands of others by giving to MDA of your time and your finances. www.mda.org
800-572-1717



May Day

5K

For MDA

May 1, 2010

5K WALK/RUN

Race begins at:

8:30 am

Jack Gaughen Realtor

464 Gateway Ave.

Chambersburg, PA 17201