

## SPONSORS

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Chambersburg Road Runner's Club

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Starbucks

Magic Ice Cream

Service Master

Howard Engel Construction

Norland Pub/ Norland Grille

East Meets West

Olive Garden

## 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](http://www.mda.org)  
800-572-1717



JACK  
**GAUGHEN**   
REALTOR ERA

May Day

5K

For MDA

May 10, 2014

5K WALK/RUN

Race begins at:

8:30 am

Jack Gaughen Realtor

464 Gateway Ave.

Chambersburg, PA 17201



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 gift certificates & prizes from local races\*\***(All pre-registered runners receive an additional entry in drawing)

Thank you for participating.

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

### 5K Awards

- 1st & 2nd Male/Female overall
- 1st & 2nd Masters Male/Female overall
- 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 17201**

**Online registration available at:**

[www.timberhilltiming.com](http://www.timberhilltiming.com)

**Directions: From I-81, take Exit 17. turn west toward shopping center. At 2nd light turn right onto Gateway Dr. Take immedi-**

### May Day 5k for MDA

Sign up for: Before 4/30 After 4/30

◇ 5k Adult \$20 \$25

◇ 5k Student \$10 \$15

**Add \$10.00 for race t-shirt**

NAME: \_\_\_\_\_

ADDR: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ (important)

GENDER: M F Add \$10.00 to Entry fee

ADULT SHIRT: S M L XL XXL for each t-shirt

YOUTH SHIRT: S M L **Must order before 4/30**

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 in this waiver.

SIGNATURE: \_\_\_\_\_

PARENT'S SIGNATURE if under 18: \_\_\_\_\_

Contact Person: Tim Fisler, 717-496-7431

Email: [tim.fisler@jgr.com](mailto:tim.fisler@jgr.com)

464 Gateway Ave, Chambersburg, Pa 17201