Application for: Resolution 5K Run and 1 Mile Fun Walk
Make Checks Payable to The Tandem Connection and Mail to:

The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

Circle the Event Entering: 5K 1 Mile Fun Walk

Date of birth ___ / ___ / ____

NAME _____ **AGE** ___ **SEX** ___
ADDRESS _____
CITY _____ **STATE** ___ **ZIP** _____
EMAIL _____ **PHONE** ___-___-____

Emergency Contact: _____ **Emergency Phone:** _____

Waiver:
I sign this waiver and understand that it is legally binding on The Tandem Connection event which I have registered. In consideration of the acceptance of the above race entries, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the race, The Panhandle Trail, MARA, its organizers, its sponsors, or any other organizations, business, or individual as a result of any and all injuries which might be received during the contest. I attest that I will participate in this event as a footrace and that I have sufficiently trained for this event and that I am medically cleared to do so. Furthermore, I hereby grant full permission to use my name and likeness, I also release any photos that may involve myself as well as any photographs and any record of this even in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent (If under 18 years old) _____ Date _____

No refunds will be issued for any reason

Race Fees:

Distance	Thru 12/31/17	Race Day
5K	$15	$20
Walk	$10	$15

All pre-registered by December 31st will receive light weight running gloves, while supplies last.

Join us after for Refreshments at The Tandem Connection

Awards 5K:
1st Male & Female Overall
1st in each age groups: Male & Female divisions 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Race Day Registration & Packet pickup:
Packet Pickup on Race Day Only
Race Day Registration at The Tandem Connection

Locations:
The Tandem Connection
136 S. McDonald Street
McDonald, PA 15057
724-745-2453

Online Registration:
https://runsignup.com/Race/PA/McDonald/NewYearsResolutionRun

Weather:
We will run rain or shine, so come prepared - no make up date

Date:
Monday January 1st, 2017

Start Time:
11:00 AM 5K Run/Walk

Location:
Panhandle Trail at McDonald, PA next to The Tandem Connection

Course:
The course is a flat, fast pavement surface 1.5 Mile out and back for the 5K. .5 Mile out and back for fun walk

Results:
Results will be posted.

Aid Stations:
No aid stations will be available. Please come prepared.

Safety:
Please understand that while we recognize many runners utilize iPods or other music devices for your recreational running, using such devices in a competitive atmosphere is a safety risk for you and other runners because of the number of runners and the narrowness of the trail. Please know that if we determine that there is cause, you can be pulled from the race course by our monitors for the safety of others. Please-no strollers; dogs; roller blades or bicycles.

Questions:
Contact The Tandem Connection - 724-745-2453
Mike Bruno - Event Coordinator