



"Our timing will keep you smiling"

Natinal Tunnel 5K/10K
c/o The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

National Tunnel

5K & 10K, 2K Family Fun Walk

Presented by
THE TANDEM CONNECTION
RUNNING & BIKING



Sunday April 14th, 2019

The Tandem Connection

5 Georgetown Rd., Hendersonville, PA 15317

Benefitting the Montour Trail



Date:
Sunday April 14, 2019

Start Time:
9:15 AM 5K Run
10:00 AM 10K Run
10:15 AM 2K Fun Walk

Location:
The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

Course:
The course is a flat, fast crushed limestone surface for both distances, 1.5 Mile out and back for the 5K, and 5K out and back for the 10K.

Results:
Chip Timing and results provided by Miles of Smiles
<https://www.smileymiles.com>

Water Stations:
Water stations will be available, basic first aid, water, sport drink.

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
David Poe

Race Fees:

	Thru 3/31/19	Thru 4/13/19	Race Day
Distance Both 5K & 10K	\$40	\$45	\$50
5K Run	\$30	\$35	\$40
10K Run	\$30	\$35	\$40
2K Walk	\$15	\$20	\$25

Race Fee includes short sleeve tech tee
All pre-registered by March 27th will receive a short sleeve tech tee with the race logo, while supplies last.

Join us after the race at The Tandem Connection for Hot food, Fun and Awards ceremony

Awards 10K:
Top 3 Male & Female Overall
Top 3 in each age groups: Male & Female divisions
19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Awards 5K:
Top 3 Male & Female Overall
Top 3 in each age groups: Male & Female divisions
14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Packet pickup & Late Registration:

Friday April 12th 10am - 7pm
Saturday April 13th 10am - 7pm

Locations:
The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317
724-745-2453

Race Day Registration & Day of Packet pickup:

April 14th starting at 7:30 AM

Location:
5 Georgetown Rd., Canonsburg, PA 15317

Online Registration:
<https://runsignup.com/Race/PA/Hendersonville/NationalTunnel5K10K>

Weather:
We will run rain or shine, so come prepared



Application for: National Tunnel 5K/10K and 2K Family Walk
MAKE CHECKS PAYABLE TO: The Tandem Connection for total of event chosen and mail to:

The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

Date of birth	Circle Event:		5K	10K	Both 5K&10K	2K Walk		
	Circle Shirt Size:		Unisex - Youth LG		SM	MD	LG	XL
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 Tandem Connection event for 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 ride, its organizers, its sponsors, or any other organization, 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 foot race 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 promotions.

Signature _____ Date _____
Parent (if under 18 years old) _____ Date _____

No refunds will be issued for any reason