



5K DASH for DISNEY



Tulpehocken Jr. / Sr. High Band & Choir

Saturday, August 27, 2016 – 9:00 AM 5K and 9:40 AM Fun Run/Walk Cross Country Course at Tulpehocken High School Stadium

Saturday, August 27, 2016 – Rain or Shine

The 5K Dash for Disney is a fundraiser to support the students of the Tulpehocken High School Show Choir, Marching Band & Jazz Band and their trip to Disney World in May 2017. They plan to perform and attend music workshops at Disney World, Orlando Florida. We thank you for your support in this endeavor!

5K Dash for Disney at 9AM: Runners and walkers of all ages welcome and will receive an athletic T-shirt, runner's gift bag, and refreshments at finish. The XC course at Tulpehocken is an all-terrain course including pavement, rolling grass surfaces, wooded trail, an all-weather track, and what is affectionately known as the "Green Monster" hill! The "Green Monster" is a challenging short hill that is doable for runners of all ages. Along the route, stay "amped" with some extra musical motivation! Refreshments provided to runners.

Music Mile Fun Run/Walk at 9:40AM: This is for 10 & under and takes place on the flat all-weather stadium track and is not timed. All children 10 & under will receive a goodie bag (no t-shirt) and some musical fun on their run!

Where/When: Tulpehocken Area High School, 430 New Schaefferstown Road, Bernville, PA 19506.

8:00 a.m. – Registration Begins

9:00 a.m. –5K Dash (Run or Walk)

9:40 a.m. –Child Fun Run/Walk on track begins

11:00 a.m. – Award presentation

Entries: To register for the 5K Dash or the Fun Run/Walk, complete the application below or online by August 20th to receive a "5K Dash for Disney" athletic T-shirt and runner's gift bag. Entries later than August 20th or on race day will cost an additional fee and a T-shirt/gift bag cannot be guaranteed. No refunds. *Optional Online Registration Available at www.pretzelcitysports.com (Nominal service fee applies, closes at midnight, the Wednesday before raceday.)*

Results: Finish line and timing will be in-house. Race results will be posted at www.pretzelcitysports.com

Questions: Matt Schrack, Event coordinator
mschrack@tulpehocken.org 610-488-6286 ext. 1110

Awards: Medals presented to the top three (3) male and three (3) female finishers in each age bracket shown:
14 & under • 15-19 • 20-29 • 30-39 • 40-49 • 50-59 • 60+ years (awards will not be mailed)

Registration: Complete this portion. Duplicate as needed, detach and mail (postmarked by 8/20/16) with \$20 check/money order payable to **TPMA**. Late or same day registration is \$25 for 5K Run. Fun Run Fee is \$10.

Circle one option: 5K Run / Child Fun Run / Donation only (cannot attend but willing to donate)

NAME _____ AGE (on Race Day) _____ Male Female

ADDRESS - Street, City, State, Zip _____

T-shirt size (circle one):

PHONE _____

EMAIL ADDRESS _____

Adult: S M L XL

Waiver/Release: In consideration of the acceptance of this entry to the 5K Dash to Disney, I waive all claims for myself, my heirs, and assigns, the sponsors, co-operating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)



Make check/money order payable to "TPMA"

Mail to: Alicea Rodig, 107 New Schaefferstown Rd., Bernville, PA 19506

Tulpehocken Music