

4th Annual Tie Dye 5K Run/1 Mile Walk



Run With Heart

In Loving Memory of Mark Mulcahy

Sunday, June 11, 2017

830 am at John Rudy Park, 400 Mundis Race Road, York, PA

Join us in running to remember Mark Mulcahy, who passed away unexpectedly of a heart attack on December 1, 2013. "If the measure of a man is based on the positive impact he had on his loved ones and friends left behind, Mark was the richest and most cherished man we knew".

AWARDS: Overall Top Male and Female
1st, 2nd, & 3rd Male and Female in the Following Age Groups:
10 & Under, 11-19, 20-29, 30-39, 40-49, 50-59, 60+
Participation Medal for kids 10 and under

Proceeds will benefit the American Heart Association. Silent auction and random prizes!



Cross Country Course

Live Grateful Dead Music by Josh Leik

REGISTRATION is \$25. \$5 extra for cotton tie dye t-shirt and \$10 for moisture wicking solid color shirt through May 26, 2017. No shirts will be available after May 26 with Registration. Race Day Registration is \$30.

Packet Pickup Saturday, June 10, 2017 at John Rudy Park 5-6 pm, or day of race 7:30 - 8 am at John Rudy Park

Register online at WWW.PRETZELCITYSPORTS.COM (closes midnight June 7, 2017, nominal fee applies) or make checks payable to **Tie Dye 5K and mail to **P.O. Box 7398 York PA 17404****

Questions can be directed to Tiedye5K@gmail.com

Great race for the whole family! Bring your dog too!!

Name _____ 5K _____ 1 Mile _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email address _____

Age _____ Date of Birth _____

Emergency Contact _____

Gender M F Unisex Cotton T- Shirt size Small Medium Large Xlarge XXLlarge

Unisex Moisture Wicking Shirt Small Medium Large XL XXL



Waiver: I know that running a cross country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the course, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Tie Dye 5K, USAF, their representatives and successors, any subcontractors if utilized, all municipalities in which the race is held, the race committee, volunteers, and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I have read and understand this waiver.

Signed _____ **Date** _____