

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



*In Loving Memory of Mark Mulcahy*

**Sunday, June 10, 2018**

**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".

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



**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**

**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 25, 2018. No shirts will be available after May 25 with Registration. Race Day Registration is \$30.

Packet Pickup Saturday, June 9, 2018 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](http://WWW.PRETZELCITYSPORTS.COM) (closes midnight June 6, 2018, nominal fee applies) or make checks payable to **Tie Dye 5K** and mail to **P.O.Box 101, Red Lion, PA 17356**

Questions can be directed to [Tiedye5K@gmail.com](mailto:Tiedye5K@gmail.com)

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

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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, USATF, their representatives and successors, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any 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** \_\_\_\_\_