



Presents the Inaugural

New Year's Resolution Runs

January 1, 2019 at 9:00 a.m.

Run into 2019 and explore the trails in the new Valdese Lakeside Park. More details to come. Visit the following website for info.

www.friendsofthevaldeserec.org



Register online at:

<https://ultrasignup.com/register.aspx?did=59431>
or mail in the application on the back of this flyer.



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New Year's Resolution Runs

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Birthdate: ___/___/___ Age on 01/01/2019: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Shirt Size: S / M / L / XL / XXL Race: 5K ___ 10K ___

In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the Friends of the Valdese Rec, its members, volunteers, promoters, managers, and operators of the New Year's Resolution Run and their agents, servants, employees, and the Town of Valdese and Burke County Public Schools, whose facilities are being used for this event from any and all claims for damage suffered by me as the result of my participation in or traveling to or from the said event to be held on Tuesday, January 1, 2019, or, if it is postponed due to weather or other reasons, on the date the event actually takes place. I also give my permission for the free use of my name and picture in any broadcast, telecast or written account of the event. I further state that I am in proper physical condition to participate in this race and realize that trail races have a higher degree of risk to them than races held on solid surfaces.

Signature: _____

Date: _____

Parent's Signature (if participant is under 18 years old)

Make checks for \$25 payable to Friends of the Valdese Rec and mail with this application to: P.O. Box 994, Valdese, NC 28690

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