



Presents the Annual

New Year's Resolution Runs

January 1, 2022 at 10:00 a.m.

Run into 2022 and explore the trails of Valdese Lakeside Park. Visit the following website for info.

www.friendsofthevaldeserec.org



Register online at:

<https://ultrasignup.com/register.aspx?did=89138>
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: ____/____/____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Shirt Size: S M L XL XXL* Race: 5K ____ 10K ____ 1M ____

Shoe Size (First 50 adult entrants get free socks**) ____

*Unless indicated, shirts for fun run participants are in child sizes.

** We will try our best to accommodate your sock size but can't guarantee fit.

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 Saturday, January 1, 2022, 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)

For 5 & 10K, make checks for \$25 payable to Friends of the Valdese Rec and mail with this application to: PO Box 994, Valdese, NC 28690. Fun run is free.

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