

# New Year's Resolution Runs (5K & 10K)

December 30, 2023 at 9:00 am

Tackle the Trails of Valdese Lakeside Park

To be guaranteed a t-shirt, \$25 registration must be in by December 15  
(Registration Dec 16 through Race Day \$30)

Register online at <https://ultrasignup.com/register.aspx?did=107185> or mail in the application.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age on 12/30/2023: \_\_\_\_\_

Emergency Contact Name/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 December 30, 2023, 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) \_\_\_\_\_

Send \$25 check (by Dec 15 - \$30 after) and application to  
Friends of the Valdese Rec, PO Box 994, Valdese, NC 28690

*Sponsored by*



**Proceeds go to Amenities at Valdese Lakeside Park**