

# 2nd Annual Tie Dye 5K Run/Walk

*In loving memory of Mark Mulcahy*

## Sunday, June 14, 2015

8:00 am at John Rudy Park, 400 Mundis Race Road, York, PA  
**CROSS COUNTRY COURSE**



Mark Mulcahy passed away unexpectedly of a heart attack on December 1, 2013. Our worlds were turned upside down that day but we have been truly blessed by all the love and support from everyone.

*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
- RANDOM PRIZES FOR MOST COLORFUL, MOST MONEY RAISED AND MORE.
- AWARDS: OVERALL TOP MALE AND FEMALE
- FIRST MALE AND FEMALE IN THE FOLLOWING AGE GROUPS:  
10 AND UNDER, 11-19, 20-29, 30-39, 40-49, 50-59, 60+



*Live Grateful Dead Music by Josh Leik*

- **Early Bird Registration - \$25 By March 1, 2015 - Free Tie Dyed T-Shirt included.**
- **After March 1, 2015 - Registration is \$25 with \$5 extra for T-Shirt till June 1, 2015.**
- **No T-Shirts will be available after June 1, 2015 with Registration. Race Day Registration Fee Is \$30.**

Register online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (closes midnight June 10th, nominal service fee applies) or make checks payable to **Tie Dye 5k** and mail to: **Tie Dye 5k, PO Box 7398 York, PA 17404.**

Packet pick up Saturday, June 13 from 1:00 to 4:00 p.m. at Graham Aquatic Center, 543 N. Newberry St., York, PA or day of race from 7:00 to 7:30 a.m. at John Rudy Park.

Questions can be directed to [tiedye5K@gmail.com](mailto:tiedye5K@gmail.com)

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

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

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

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: (MM-DD-YYYY) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Gender:  Male |  Female    Uni-sex Shirt Size:  Small |  Medium |  Large |  X-Large |  XX-Large

WAIVER: I know that running a trail 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 what so ever arising out of, or in the course of, my participation in this event(s). 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: \_\_\_\_/\_\_\_\_/ 2015

(if under 18, legal guardian must sign)