



R.B. WINTER STATE PARK 17215 BUFFALO RD, MIFFLINBURG, PA 17844

SATURDAY, JANUARY 3, 2015

Join us for a fun winter challenge! The run is a three hour event that takes you on a 1.6 mile loop set on beautiful R.B. Winter State Park. You chose your challenge! In **RC Revolutions** your goal is to run/walk the loop as many times as you can or only as many times as you'd like in those three hours. Looking for a challenge with a new twist? How about taking part of the **Last Man Standing**? You get 20 minutes to complete the first loop (12:30-minute pace). At the end of that lap, you wait for loop 2 for which you will have 19 minutes for completion (11:52-minute pace). Time keeps counting down: 18, 17, 16, etc., until we're down to a 6-minute pace and probably the end of the race. If you don't finish a loop on time, you're "out." If you're "out" you don't have to pack up and go home, in fact, we'd love for you to stay, keep running, and/or cheer on everyone else! The hardest part of the challenge might be pacing yourself at the start, it might be the starting and stopping, or it might be the bitter cold, but we're sure to have some fun! Awards for top three male & top three female competitors in both challenges. Race shirt, custom medals & snacks guaranteed to those pre-registered, limited supply on race day. Race day registration opens at 7:30am. All proceeds split between Geisinger's Autism & Developmental Medicine Institute and the Operation Jack Autism Foundation

Entry Fee: \$35 Pre-Registered by December 14th / \$40 Thereafter

Checks payable to Operation Jack, please place Resolution Challenge in memo and mail to 2780 Johnson Mill Rd Lewisburg, PA 17837. Please pre-register by December 14th. For more info please check out our website: www.resolutionchallenge.org

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ Shirt Size (circle one) **S M L XL**

Sex **M F** Date of Birth _____ Age on Race Day _____

Challenge (circle one)

Kids Revolutions (ages 5-12, accompanied by adult; cost \$15, includes shirt & medal)

RC Revolutions

Last Man Standing

Waiver: I know running in a race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in this event. I assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather, the conditions 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 CJ's Resolution Challenge, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors/donors including their agents, employees, assigns, or anyone acting for on their behalf, or anyone associated in any way with the event, from any and all claims or liability for death, personal injury, or property damage of any kind arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature, foreseen or unforeseen, known or unknown. BY SIGNING THIS I ATTEST THAT I HAVE READ, UNDERSTAND, AND AGREE TO THIS WAIVER.

SIGNATURE _____ Date _____

SIGNATURE OF GUARDIAN (if under 18) _____