National Tunnel
5K & 10K
+ 2K Family Fun Walk

Presented by
THE TANDEM CONNECTION
RUNNING & BIKING

Sunday
April 19, 2020
The Tandem Connection
5 Georgetown Rd., Hendersonville, PA 15317

Benefitting the Montour Trail
Date: Sunday April 19, 2020

Start Time:
9:15 AM 5K Run
10:00 AM 10K Run
9:15 AM 2K Fun Walk

Location: The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

Course:
The course is a flat, fast crushed limestone surface for both distances, 1.5 Mile out and back for the 5K, and 5K out and back for the 10K.

Results:
Chip Timing and results provided by Miles of Smiles
https://www.smileymiles.com

Water Stations:
Water stations will be available, basic first aid, water, sport drink.

Safety:
Please understand that while we recognize many runners utilize iPods or other music devices for your recreational running, using such devices in a competitive atmosphere is a safety risk for you and other runners because of the number of runners and the narrowness of the trail. Please know that if we determine that there is cause, you can be pulled from the race course by our monitors for the safety of others. Please-no strollers; dogs; roller blades or bicycles.

Questions:
Contact The Tandem Connection - 724-745-2453
David Poe

Race Fee Includes short sleeve tee. All pre-registered by April 4th will receive a short sleeve tee with the race logo, while supplies last.

Awards 10K:
Top 3 Male & Female Overall
Top 3 in each age groups: Male & Female divisions

Awards 5K:
Top 3 Male & Female Overall
Top 3 in each age groups: Male & Female divisions

Packet pickup & Late Registration:
Friday April 17th 1pm - 7pm
Saturday April 18th 1pm - 7pm

Locations:
The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317
724-745-2453

Race Day Registration & Day of Packet pickup:
April 19th starting at 7:30 AM

Location:
5 Georgetown Rd., Canonsburg, PA 15317

Online Registration:

Weather:
We will run rain or shine, so come prepared