



# CJ's Resolution Challenge

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

SATURDAY, JANUARY 4, 2020

Kick off your New Year with us! CJ's is a three hour event on a 1.5 mile loop where YOU choose 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 the three hours. This option is great for both the casual hiker who would like to walk a loop with their family AND the serious athlete looking to score major mileage.

Looking for a challenge with a twist? Last Man Standing builds speed and mileage at the same time. Runners get 20 minutes to complete the first loop (13:20/mile pace). Then 19 minutes to complete the second loop (12:39/mile pace). Time per loop keeps counting down: 18 minutes, 17 minutes, 16 minutes, etc., until we're down to a 6-minute/mile pace and probably the end of the race. Runners cannot start loops early; if you arrive back to the start/finish line before the end of the current loop you must wait for the timers to start the next loop. If you don't finish a loop on time, you're eliminated. But that doesn't mean you have to pack up and go home! In fact, we'd love for you to stay, keep running (just please hand in your timing chip), and cheer on everyone else! The hardest part of Last Man Standing might be strategic pacing, 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. Cozy blankets & custom medals guaranteed to those pre-registered by 12/13/19, limited supply on race day. Race day registration opens at 7:30am. Proceeds benefit regional facilities, organizations, and programs that have a positive impact on individuals with autism.

Entry Fee: \$25 thru Aug 24, \$30 thru Aug 31, \$35 thru Sept 30, \$40 thru Nov 30, \$45 Thereafter  
Checks payable to Team CJ. Mail to 2780 Johnson Mill Rd Lewisburg, PA 17837. Please pre-register by December 13th.  
For more info please check out our website:  
[www.resolutionchallenge.org](http://www.resolutionchallenge.org)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Sex M F Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Challenge (circle one)

**Kids Revolutions** (age 12 & under, accompanied by adult; cost \$18, includes shirt & medal) **RC Revolutions** **Last Man Standing**  
**Virtual CJ's** (cost \$35, includes shirt & medal shipped)

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) \_\_\_\_\_