



THE NINTH ANNUAL
TOMMY LAUDANI
**DELONE
DASH**
5K OR 3K TRAIL RUNS

SATURDAY, AUG. 1, 2026
AT THE BEAUTIFUL
CODORUS STATE PARK MARINA
Registration 7:15-8:15 a.m.
Race 8:30 a.m.

Tommy Laudani '18 passed away in 2018 after a courageous two-year battle with a rare cancer called DSRCT. Tommy was a member of the Delone Catholic cross country and track & field teams. He is remembered for his love of sea life, his sarcastic humor, his food postings, for being a great person and much more. In his memory, the Delone Dash is run on the home course of the Delone Catholic High School cross country team.

PROCEEDS BENEFIT

The Tommy Laudani A.C.E. Scholarship (40%) | A Week Away Foundation (40%)
The Delone Catholic Cross Country Fund (10%) | The Squire Athletics Fund (10%)

PRIZES AWARDED TO THE TOP 3 OVERALL IN 5K MALE AND FEMALE AND
THE TOP MALE AND FEMALE 12 AND UNDER IN 3K

MEDALS AWARDED TO THE TOP MALE AND FEMALE IN
5K RACE: AGES 0-13, 14-18, 19-29, 30-39, 40-49, 50-59 AND 60+
3K RACE: TOP THREE BOYS AND GIRLS AGES 12 AND UNDER

SPONSORSHIP OPPORTUNITIES AVAILABLE
(see reverse)



**DELONE CATHOLIC
HIGH SCHOOL**

ESTOTE FACTORES VERBI (JAMES 1:22)

Preparing servant leaders for the modern world.

DELONECATHOLIC.ORG

REGISTER ONLINE



bit.ly/DeloneDash

REGISTRATION FEE
\$30 before July 1
\$35 after July 1

SPONSORSHIP OPPORTUNITIES

PRESENTING SPONSOR | \$2,000

We will advertise the race as “The Delone Dash sponsored by (Your Organization) and other donors” for the following year.

\$1,000 LEVEL

- Large Banner with organization name & logo
- Large name on T-Shirt
- Five entries into the race

\$500 LEVEL

- Company logo on banner at the race
- Company name on T-Shirt
- Four entries into the race

\$250 LEVEL

- Company logo on banner at the race
- Company name on T-Shirt
- One entry into the race

\$150 LEVEL

- Company logo on banner at the race
- One entry into the race

ALSO ACCEPTING DONATIONS

WATER | SPORTS DRINKS | FRUIT | SNACKS

GIFT BAG ITEMS | PRIZES FOR WINNERS AND RAFFLES

SPONSORSHIP REGISTRATION

Company/Organization Name	
Contact Person	
Address	
Phone	
Email	
We can donate these items	
<input type="checkbox"/> \$2,000 Level <input type="checkbox"/> \$1,000 Level <input type="checkbox"/> \$500 Level <input type="checkbox"/> \$250 Level <input type="checkbox"/> \$150 Level	

Please email logo files to rczinn@delonecatholic.org.
 Make checks payable to Delone Catholic Athletics and mail to:
 Delone Catholic High School
 ATTN: Delone Dash
 140 South Oxford Avenue
 McSherrystown, PA 17344

REGISTRATION

To register online and pay by credit card, please visit bit.ly/DeloneDash.

RACE REGISTRATION

**Indicates a Required Field*

First Name*		Last Name*			
Address*					
City*		State*		Zip*	
Email		Phone*			
Age on Race Day*		Gender*			
Emergency Contact Name*					
Emergency Contact Phone*					
Medical Information					
Race Selection*	<input type="checkbox"/> 5K Trail Run <input type="checkbox"/> 3K Walk/Run				
Race shirts are guaranteed to those registered by July 1.					
T-Shirt Size	<input type="checkbox"/> Adult XS <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL				

REGISTRATION FEE

\$30 before July 1 | \$35 after July 1

Cost includes: shirt (if registered by July 1) and race goodies bag.

Race day entry will occur through online sign up at event. Change for cash entry on race day will not be available.

**ALL PARTICIPANTS MUST SIGN THE RELEASE
ON THE REVERSE SIDE.**

Make checks payable to Delone Catholic Athletics and mail with signed registration form and release to:

Delone Catholic High School
ATTN: Delone Dash
140 South Oxford Avenue
McSherrystown, PA 17344

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

By signing this release, I waive any and all rights and claims I may have against Integrity Racing, Delone Catholic, Codorus State park, and organizers and volunteers. This release must be signed prior to participating and/or using any part of the facility. This is a complete and total release of any and all claims against any of the above mentioned parties, arising out of the use of the facility or participation in the trail run.

NOTICE OF RISK

I understand that walking or running in a trail environment can be dangerous and there is a risk of physical injury. These dangers and risks include, but are not limited to injuries resulting from or due to, variations in pitch and terrain, hidden and obvious obstacles such as rocks, ditches, culverts, bumps, stumps, logs, forest debris and other forms of natural and man-made conditions and obstacles on and/or off designated trails, as well as injuries caused by my own negligence, inexperience, physical condition or the negligence of others. I acknowledge that trail conditions vary constantly as a result of weather, resort construction and use. I further acknowledge and accept all of the inherent and other risks of participation.

ASSUMPTION OF RISK

Acknowledging the inherent and other risks involved, I agree to accept and assume for myself and/or my minor child all of the risks associated with participation in this event.

RELEASE OF LIABILITY

In consideration of the use of the facility, I HEREBY AGREE NOT TO SUE AND TO RELEASE DELONE CATHOLIC HIGH SCHOOL AND INTEGRITY RACING INCLUDING THEIR AGENTS, EMPLOYEES, AND THE EVENT ORGANIZERS AND VOLUNTEERS FROM ANY CLAIM, PAST, PRESENT OR FUTURE WHICH MAY ARISE AS A RESULT OF THE USE OF ANY OF THE FACILITIES, REGARDLESS OF ANY NEGLIGENCE, GROSS NEGLIGENCE, IMPROPER CONDUCT OR ANY OTHER CAUSE ENFORCEABLE BY LAW, ON THE PART OF THE EVENT. I FURTHER AGREE TO INDEMNIFY AND DEFEND THE SAME FROM ANY CLAIM RELATED TO MY OR MY CHILD'S USE OF THE FACILITIES, REGARDLESS OF ANY NEGLIGENCE ON THE PART OF LISTED PARTIES.

I further agree that in consideration of being allowed to participate I am granting the event permission to use my/ my child's photograph, videotape, motion picture or any other record of my use of the facility for legitimate business purposes.

I agree that all disputes arising under this release and/or from my or my minor child's use of the facilities shall be litigated exclusively in the Court of Common Pleas of York County, PA or in the United States District Court for the Middle District of Pennsylvania. If any provision of this agreement is determined to be unenforceable, all other provisions shall be given full force and effect.

Name	
Child's Name	
Address	
Phone	

Participant Signature		Date	
Parent/Guardian Signature		Date	