



Turkey Day 5K

Run & Walk



**Nonperishable food donations will be given to
The Shepherd's Place Family Shelter. Pet
food and related supplies will be donated to
the First State Animal Center & SPCA.**

When: Thursday, November 24, 2022 9 a.m. Rain or Shine. FREE Healthy Kids Run (10 & under) starts at 8:55 a.m.

Where: Buffalo Wild Wings, 680 Bay Road, Dover, DE. Run/walk the flat scenic rural landscape of the St. Jones Isaac Branch Trails.

Registration: \$25 until November 17; \$30 after and on event day. Registration starts at 8 a.m. Make checks payable to and mail to TriSports Events, 2772 Hazlettville Rd, Dover, DE. 19904. Day of event registration will be available. Questions? Contact Ray@TriSportsEvents.Com. Register online at TriSportsEvents.Com.

Silent Hero: Can't make it to this event but would like to show your support? Register as a Silent Hero!

Awards: Awards to overall male/female and master winners, top 3 male/female runners in categories 10 and under through 70 & over in 10-year age groups and top 5 male/female walk finishers. Ribbons to all Kiddie K finishers.

Amenities: Quality "Turkey Day 5K" **LONG SLEEVE TECH SHIRTS** to all registered participants while supplies last. **REGISTER EARLY!** Complete results and photos will be posted at TriSportsEvents.Com

Benefits: Nonperishable food donations will benefit [The Shepherd Place Family Shelter](#) in Dover, DE. Pet food and related supplies will be donated to the [First State Animal Center and SPCA](#) in Camden, DE

This is a TriSports Events Chip Timed Production

ENTRY FORM

WAIVER AND RELEASE OF LIABILITY: I know that running/walking or rolling (wheelchair) in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry to participate in the 2021 Turkey Day 5K Run & Walk and Healthy Kids Run. I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Buffalo Wild Wings, The Town of Dover, The State of Delaware and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby give my permission to the event organizers and sponsors to use my name and/or picture in any publication, broadcast, telecast or other account of this event without limitation or obligation of further compensation thereof. I certify that I have read this waiver and release and fully understand its significance. I fully understand that my entry fee and bib/chip number is non-refundable or transferable. We discourage unofficial entrants, roller blades, and bicycles for the safety of all participants. Entry fees are non-refundable.

Age Day of Race ____ Sex: ☐ M ☐ F T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Print Name: _____ Email: _____

Address: _____

(Street or P.O. Box) City State Zip
Phone: () _____ Circle One: 5K Run 5K Walk Silent Hero

Signature: _____

(Signature is required by all participants. Signature of guardian if entrant is under 18)