



# Ignite Fitness

## 5K Run/Walk



### **Benefits: Down Syndrome Association of Delaware**

- When:** Saturday, April 24, 2021, 9 A.M. Rain or Shine. Ignite Kids Run (10 & under) starts at 8:55 A.M.
- Where:** Ignite Fitness, 35 Commerce Way, Suite 2, Dover, DE. Registration opens at 8 A.M.
- Registration:** \$25 until April 17; \$30 after and on event day. Registration starts 5 P.M. Make checks payable to Ignite Fitness and mail to TriSports 2772 Hazlettville Rd, Dover, DE 19904. For more info contact [Races4u@TriSportsEvents.com](mailto:Races4u@TriSportsEvents.com) or [Ignitefitnesskickboxing@gmail.com](mailto:Ignitefitnesskickboxing@gmail.com). Register online at [TriSportsEvents.com](https://www.TriSportsEvents.com).
- 5K Course** The 5K is a flat and fast out and back course that will please both the speedy and beginner runner/walker. The route is well marked and police supported.
- Awards:** 5K run awards to overall and master's male and female winners, top 3 male & female runners in 10-year age groups. 5K walk awards to top 5 male/female finishers. Ribbons to all Ignite Kids Run participants (200-300 foot dash).
- Benefactor:** Founded in 1979, the Down Syndrome Association of Delaware is a statewide non-profit support group, organized and managed by parents of people with Down syndrome. We are a supportive resource, advocating for the acceptance and understanding that allows individuals with Down syndrome to achieve the same level of access and opportunity as their peers.
- Amenities:** Quality **TECH SHIRTS** to all participants. **Post-race social distancing festivities to include music, food, and drink.** Event results & photos will be posted at [TriSportsEvents.com](https://www.TriSportsEvents.com).

### **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 Ignite Fitness 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Ignite Fitness Kickboxing, The City 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 understand that it is my responsibility to check TriSportsEvents.com for any changes in event date, time, and venue. Assigned bib/chip numbers are not transferrable. 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  
(Donation)

**Signature:** \_\_\_\_\_  
(All participants must sign waiver - signature of parent or guardian required if entrant is under 18)