



The Sweetest 5K Run/Walk in Delaware

When: Sat, Feb. 9, 2019 – Kiddie K starts at 9:50am. Run/Walk starts at 10am. Registration opens at 8:30am.

Where: Delaware Technical Community College, 100 Campus Drive, Dover, DE. Registration, start and finish will be located outside the Del-One Conference Center in the ETB building on the west side of campus.

Registration: \$25 until Feb. 2 at 6:00pm, \$30 after and on event day. Race day registration will begin at 8:30. Online registration closes at 6:00pm Feb 7. Make checks payable to Delaware Tech and mail to TriSports Events, 2772 Hazlettville Rd, Dover, DE 19904. Contact: Ray at 302-674-3213 or email Races4u@TriSportsEvents.com. Register online at TriSportsEvents.com. Participation will be **LIMITED TO FIRST 700 REGISTERED PARTICIPANTS!** **Packet Pick-up:** Friday, Feb. 8 from 4-6pm in the ETB building lobby.

Silent Hero: Unable to attend this event? Register as a Silent Hero. Your support is greatly appreciated!

Awards: **Runners:** Awards to overall male/female and masters winners and top 3 in 5-year age groups starting at 10 and under thru 70 and over. **Walkers:** Awards to top 5 male/female finishers. **Kiddie K:** Ribbons to all participants. **Couples:** Awards to the top 3 fastest married or engaged couples in the run and walk. **Special:** Awards for the Valentine themed costume.

Records: **5K Open:** Male – Mike O'Brien – 15:47 – 2017. Female – Elizabeth Swierzbinski – 18:04 – 2018
5K Masters: Male – David Wiechecki – 18:11 – 2013. Female – Trisha McIntyre – 20:35 – 2017

Amenities: Quality "Chocolate 5K" tech shirts. Register before January 27, 2019 to be guaranteed your shirt size. Shirt size substitutions are prohibited. Post-race festivities include food, and beverage and everything chocolate! Course is a single loop USATF Certified 5K (DE15008LMB).

Finish Line: This is a TriSports Events Chipped Timed Production.

ENTRY FORM

WAIVER AND RELEASE OF LIABILITY: I know that running/walking 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 Chocolate 5K Run/ Walk, I, for myself and anyone entitled to act on my behalf, waive and release Delaware Technical Community College, TriSports Events Management, the City of Dover, the State of Delaware, and all other 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. Entry fees are non-refundable or transferable. We strongly discourage roller blades and bicycles for the safety of all participants. Unofficial entrants will be disqualified as determined by TriSports Events officials. By signing this waiver and release I am signifying that I fully understand its significance.

Age Day of Race _____ Gender: M F T-Shirt Size: XS S M L XL XXL

Print Name: _____ Email: _____

Address: _____
(Street or P.O. Box) City State Zip

Phone: _____ Circle Event: 5K Run 5K Walk Couples Run Couples Walk Silent Hero
Couples: Must be married or engaged and must register together under the same team name. Individual entry forms are required per participant.

Signature: _____ Team Name: _____
(All participants must sign waiver. Parent or guardian signature if under 18 years old)