

2020 Resolution 5K Run/Walk

<u>A TriSports</u> <u>Community Service Event.</u>



TriSportsEvents.Com

Signature:							Tri-S	Sports	
Phone: ()			_ Circle One:	5K Run	<u>5K W</u>	Walk Silent Hero			
Address:	ddress:(Street or P.O. Box)			State		Zip			
			Email:						
Age Day of Ra		Sex: M		rt Size: S		L	XL	XXL	
walver and re unless I am medic contact with othe traffic on the cou your accepting m and release TriSp successors from a or carelessness o and/or picture in	This is a	at running/walking a ranting a lanting a lanti	road race is a pote sociated with runr high heat and/or ne. Having read the last of Dover, The Sarticipation in this reby give my pern at of this event with	entially hazardo ning/walking the humidity, extra nis waiver and for myself and tate of Delawa event even the nission to the ec-	bus activity. I is event incluence cold, the knowing these anyone entitliere and all spoough that liabetent organize	should r ding, bu condition of facts, a ed to ac nsors, the pility ma	not enter a t not limite ons of the a and in con- t on my be heir repress y arise out ponsors to	and run/walk ed to, falls, road and sideration of chalf, waive sentatives and t of negligence o use my name	
Benefits:	A TriSports Community		anto Chin Ti	was all Dusa	J., at: a.a				
Amenities:	Quality 2020 Resolution 5K Run/Walk <u>TECH SHIRTS</u> to all participants. Results & photos will be posted at TriSportsEvents.Com.								
Awards:	Unique Awards for overall male, female, and master's winners. Top 3 male/female runners in 10 year age groups starting with 14 & under thru 70 & over. 5K walk awards to top 5 male/female finishers. Ribbons to all Kiddie K finishers.							-	
<u>Silent Hero</u> :	Can't participant in this	ke to show you	how your support? Register as a Silent Hero!						
Registration:	under. Make checks pa	yable to and mail	nd on event day. Registration opens at 8 a.m. Free Kiddie K for kids 10 and e to and mail to the TriSports, 2772 Hazlettville Road, Dover, DE 74-3213/Ray@TriSportsEvents.com. Register online at TriSportsEvents.com.						
Course:	Run/Walk the flat scenic	c rural landscape o	of the St. Jones	ones Isaac Branch Trail.					
Where:	Buffalo Wild Wings, 680	Bay Road (across	from the Blue	Hen Corpor	ate Center)	te Center), Dover, DE.			
When:	Wednesday, January 1,	2020 at 9 a.m., ra	in or shine. He	althy Kids R	un starts at	8:50 a	a.m.		

(All participants must sign waiver - Signature of parent or guardian if entrant is under 18)