

Heritage Half Marathon and 5K Run/Walk

DOVER AIR FORCE BASE • DOVER, DELAWARE



Sunday - April 26, 2015 - 8:00 A.M.

Registration: Race day registration will be available! Packet pickup starts at 7 a.m. at the Air Mobility Command Museum, Dover, DE. 5K Run/Walk - \$20 before April 19 - \$25 after. Half Marathon - \$40 before April 19 - \$45 after. Make checks payable to DAFB Fitness Center and mail to TriSports, 2772 Hazlettville Rd, Dover, DE 19904. Contact Ray at 302-674-3213/ ray@trisportsevents.com. Register online at TriSportsEvents.Com.

Packet Pickup: Race packets can be picked up at the AMC Museum between the hours of 3pm and 5pm on Saturday, April 25, 2014. Late registration will also be accepted at this time.

Directions: From the North on US 113 / DE 1: Drive past Dover Air Force Base and take exit 91. Travel approximately 1/2 mile down RT 9 and turn left into the museum entrance. From the South on US 113/DE 1: Take exit 91, travel approximately 1/2 mile down RT 9 and turn left into the museum entrance. From the North or South on US 13: Take DE Route 10 East toward Dover Air Force Base. Just before you reach an overpass take the left exit lane to get on US 113/DE 1 South. Drive past Dover Air Force Base. Take exit 91, travel approximately 1/2 mile down RT 9 and turn left into the museum entrance. GPS address: 1301 Heritage Road. GPS coordinates N 39° 06' 52.7", W 075° 26' 52.5"

Awards: Unique awards for overall male/female and masters winners and top 3 in 5 year age groups in the Half Marathon and 5K Run. Awards to top 3 male & female walk finishers in the 5K. Custom event medals to all half marathon finishers! 5K awards will be presented after last finisher. **Half marathon awards will be presented 3 hours after start.**

Course: The event starts and finishes at the AMC Museum. The course is very flat and is run entirely on DAFB. The out and back race is considered the fastest half marathon course in Delaware. Half marathon course will take participants down the flight line in front of the C5 and C17 aircraft. The largest aircraft in the free world.

Course Records: 5K course records: Male - Andrew Jakubowitch 17:36 - 2014, Female - Christine Marks 20:32 - 2014, Masters Male - Rich Jones 19:25 - 2014, Masters Female - Danielle Dash 22:33 - 2011. Half marathon course records: Male - Jack Sutter 1:19:58 - 2014, Female - Ruth Afiesimama 1:37:14 - 2014, Masters Male - Claire Perry 1:26:54 - 2011, Masters Female - Jenn Ford 1:41:27 - 2013

Amenities: Quality "DAFB Heritage Half Marathon & 5K Run/Walk" **Tech Shirts** provided to all participants. Food and refreshments at the finish line! Police controlled roads, mile markers and directional arrows on road. Water/sports drink and volunteers on the course. Bring the family and enjoy the museums 9 exhibits and 30 refurbished aircraft.

Water stops/Restrooms: Water/sports drink stops will be located at miles 1, 2.6, 4.2, 5.5, 7.3, 8.8, 10.4, 12, and at the start/finish. On course male/female restrooms (inside facilities) will be located miles 4.2 and 8.8.

Spectators: Due to security concerns, spectators will not be allowed outside of the AMC Museum fenced in area (unless you have a military ID card). Please enjoy the museums many exhibits and refurbished aircraft. Visit amcmuseum.org for complete details on the AMC Museum.

Hotels/Motels: The following area hotels/motels are available for your convenience. Marriott Residence Inn 302-677-0777, Galaxy Inn 302-735-4700, Mainstay Inn 302- 678-8383, Comfort Suites 302-736-1204, Dover Downs Hotel & Casino 302-857- 2107.

MyLaps Chip timing will be used for the 5K and half marathon. **Tech shirts** provided to all preregistered participants. **Custom event medals** to half marathon finishers. **New USATF certified 5K and half marathon courses.** On course **indoor facilities (restrooms)** provided on the half marathon course. **Event results/photos** will be posted at TriSportsEvents.com.

YOU WILL ALSO BE REQUIRED TO SIGN A DAFB WAIVER AT PACKET PICKUP OR YOU WILL BE DENIED ENTRY INTO THIS EVENT!

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 Dover Air Force Base Heritage Half Marathon & 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management 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 therefore. By signing this wavier and release I certify that I fully understand its significance. Entry fees are non-refundable but maybe transferred to next year's event upon request.

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

Event Entered: (choose one) 5K Run 5K Walk Half Marathon

Signature: _____ Phone: () _____
(Signature of parent or guardian if entrant is under 18)

