



# 9th Annual Ryan's Race 5K Run/Walk



TriSportsEvents.com

MYLAPS Chip Timing Partner

**When:** Sunday, May 19, 2019, 10:00 a.m., Rain or Shine. Healthy Kids Run (kids 8 & under) starts at 9:50 a.m.

**Where:** **NEW LOCATION!!** Silver Lake Elementary School – 200 East Cochran Street, Middletown, DE.

**Course:** Run/walk route is on paved roads thru Silver Lake Park and the surrounding residential area.

**Registration:** \$20 until May 5, \$25 after and on event day. Registration starts 9 a.m. Kids Run is FREE! Make checks payable to the Ryan R. Wagner Scholarship Fund and mail to TriSports Events, 2772 Hazlettville Rd, Dover 19904. Questions? Call 302-388-5940. Email: [info@FlyLikeRyan.com](mailto:info@FlyLikeRyan.com). Register online at [TriSportsEvents.Com](http://TriSportsEvents.Com).

**Awards:** Custom awards for overall male, female and master's winners and top 3 male & female runners in 10 year age groups starting with 14 & under, thru 70 & over. 5K walk awards for top 3 male & female finishers. Ribbons to all Healthy Kids race finishers.

**Amenities:** Quality "Ryan's Race 5K" t-shirts to all participants. Post-race festivities include free food and beverage. **Results/photos will be posted at TriSportsEvents.Com.** Go to [FlyLikeRyan.com](http://FlyLikeRyan.com) for more information on Ryan's scholarship fund. **MyLaps Chip Timing** will be used to time and score this event.

**Benefits:** Event proceeds will be used for Scholarships in Ryan's name for Appoquinimink School District students.

## This is 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 Ryan's Race 5K Run/Walk and Healthy Kids Run, I, for myself and anyone entitled to act on my behalf, waive and release the TriSports Events Management, Appoquinimink School District, the Town of Middletown, 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. By signing this waiver and release I certify that I fully understand its significance.

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

Signature: \_\_\_\_\_  
(Signature of parent or guardian if entrant is under 18)

**An entry form must be completed for each person participating in this event!!**

**We discourage unofficial entrants, roller blades, bicycles and the wearing of headphones for the safety of all participants.**

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