



# 12th Annual Heart & Sole 5K Run/Walk



**When:** Saturday, May 21, 2022, 9 a.m., Rain or Shine. Healthy Kids Run (kids 8 & under) starts at 8:50 a.m.

**Where:** Trinity Logistics, 50 Fallon Ave, Seaford, DE 19973

**Course:** 5K run/walk is on paved roads and is very flat and fast!

**Registration:** \$25 until May 14, \$30 after and on event day. Registration starts 8 a.m. Kids race is FREE! Make checks payable to the Trinity Foundation and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Questions? Contact Ray at 302-674-3213 or email: [Races4u@TriSportEvents.Com](mailto:Races4u@TriSportEvents.Com). Register online at [TriSportsEvents.Com](http://TriSportsEvents.Com). **This is a TriSports Events Ultimate Challenge Series Event.**

**Silent Hero:** Can't make it to this event? Register as a Silent Hero! We greatly appreciate your support!

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

**Amenities:** Quality "Heart & Sole 5K" TECH shirts to all participants. Post-race festivities include free food and beverage. **Results/photos posted at TriSportsEvents.Com**

**Benefits:** The family of Willy Rojas. Willy has been a member of the Trinity family for 6 years. His wife, Bether Rojas has recently been diagnosed with cancer and is in need of a bone marrow transplant. For more info or to make a donation, please visit our site at <https://trinitylogistics.com/who-we-are/trinity-foundation/>

## **This is a TriSports Events Chip 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 2022 Heart & Sole 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, Trinity Logistics, Inc., The City of Seaford, 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 also agree to follow all social distancing and face mask requirements as dictated by the CDC, local government, and TriSports Sports. 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 Silent Hero

Signature: \_\_\_\_\_

(Every participant must sign the waiver - parent or guardian if entrant is under 18)

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