

**TriSports
EVENTS**



TriSportsEvents.com
MYLAPS Chip Timing Partner

Cougars for a Cause

5K Run/Walk

Benefits Ben Knapp's Medical Fund



When: Saturday, May 9, 2015 at 10:00 a.m., rain or shine. Kiddie K starts at 9:55 a.m.

Where: Campus Community School, 350 Pear Street, Dover, DE.

Course: Run/Walk is a flat double loop course around the residential area near CCS.

Registration: \$20 until May 2, \$25 after and on event day. Registration starts at 9 a.m. FREE Kiddie K for kids 10 and under. Make checks payable to Campus Community School and mail to TriSports Events, 2772 Hazletville Road Dover, DE 19904. **Register online at TriSportsEvents.com**. Contact Ray at 302-674-3213 or email Races4u@TriSportsEvents.com.

Silent Hero: Can't attend but would like to contribute to Ben's medical fund? Register as a silent hero!

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 3 male/female finishers. Medals to all Kiddie K finishers. **Results & photos will be posted at TriSportsEvents.Com**.

Amenities: Cougars for a Cause 5K Run/Walk t-shirts to all participants. Registration will take place in the school cafeteria. Carnival with food, kids games and activities.

Benefits: Ben Knapp's Medical Fund.

Finish Line: Event management provided by TriSports Events Management and our great volunteers.

This is a TriSports Events Production - MyLaps Chipped Timed

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 Cougars for a Cause 5K Run/Walk & Kiddie K, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Campus Community School, The City of Dover, 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 certify that I have read this waiver and release and fully understand its significance.

Age Day of Race _____ **Sex:** **M** **F** **T-shirt Size:** **S** **M** **L** **XL**

Print Name: _____ **Email:** _____

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

Phone: (____) _____ **Circle One:** 5K Run 5K Walk Silent Hero

Signature: _____

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

We discourage unofficial entrants, roller blades, bicycles, running with dogs, and the wearing of headphones for the safety of all participants