



8th Annual Big Thursday on Sunday 5K Run/Walk & Festival

Benefits The Bowers Beach Maritime Museum

Come and Explore The Way Life Used To Be



- When:** Sunday, October 9, 2022, 9 a.m. Rain or Shine. FREE Kiddie K Run (10 & under) starts at 8:50 a.m.
- Where:** Bowers Beach Maritime Museum, 3357 Main Street, Bowers Beach, DE
- Registration:** \$25 until Oct 2; \$30 after and on event day. Registration starts 8 a.m. FREE registration with \$100 in donations. Make checks payable to BBMM and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE, 19904. Questions? Contact Ray@TriSportsEvents.Com. Register online at TriSportsevents.com.
- Silent Hero:** Register then stay in bed, we'll mail your shirt to you! We greatly appreciate your support!
- Awards:** Awards to overall male/female and master winners, top 3 male/female runners in categories 10 and under through 70 & over and top 5 male/female walk finishers. Ribbons to all Kiddie K finishers.
- Amenities:** Quality "Big Thursday on Sunday 5K" TECH SHIRTS to all registered participants. Post-race festivities will include food trucks, drink, vendors, crafts, music, and artisans. The Lenape Tribe of DE with drummers, dancers, artifacts primitive skills demonstrations, indigenous food sampling, flintknappers, local archeologist and more. Results and photos will be posted at TriSportsEvents.Com.
- Celebrate:** Bring the family and enjoy the scenic fishing village environment on the Delaware Bay where fishing is a way of life. Your entry fees and donations will help preserve the maritime history of Bowers Beach and help support the local economy.

This is a TriSports Events Chip Timed Production

ENTRY FORM

WAIVER AND RELEASE OF LIABILITY: I know that running/walking or rolling (wheelchair) in 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 Big Thursday on Sunday 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Bowers Beach Maritime Museum, The Town of Bowers Beach, 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. Entry fee is non-refundable or transferable.

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: _____

(All Participants must sign waiver - Guardian's signature if entrant is under 18)