



FITNESS FOR EVERYONE

# Heroes for Hooters 5K Run/Walk

## *Benefits* *American Cancer Society*



When: Sunday, March 29, 2015 at 9:00 a.m., rain or shine. Healthy Kids Run starts at 8:50 a.m.

Where: Club Fitness, 650 Bay Road (across from the Blue Hen Corporate Center), Dover, DE.

Course: Run/Walk the flat scenic rural landscape of the St. Jones Isaac Branch Trail.

Registration: \$20 until March 22, \$25 after and on event day. Registration starts at 8 a.m. Free Kiddie K for kids 10 and under. Make checks payable to Heroes' for Hooters and mail to the, 2772 Hazletville Road Dover, DE 19904. Contact Susanne at 302-233-8719/heroesforhooters@gmail.com or Ray at 302-674-3213/Races4u@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: 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. Awards to top 3 first responders. Ribbons to all Kiddie K finishers.

Amenities: Quality 2015 Heroes for Hooters 5K Run/Walk **tech shirts** to all participants. Post race festivities includes food, drink, and entertainment for the kids.

Benefits: The American Cancer Society

-----**This is a TriSports Events MyLaps Chipped Timed Production**-----

**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 2014 Heroes for Hooters Run/Walk & Kiddie K, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, The American Cancer Society, Club Fitness, 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 XXL

**Print Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
(Street or P.O. Box) City State Zip

**Phone:** (\_\_\_\_) \_\_\_\_\_ **Circle One:** 5K Run 5K Walk Silent Hero

**Do you work as a first responder?** Yes No

**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

