



23rd Annual
Citibank
Freedom
5K Run/Walk



TriSportsEvents.com *Benefits the Veterans Trust Fund*

When: Saturday, July 2, 2022, 9 a.m., Rain or Shine. Healthy Kids Run (kids 8 & under) starts at 8:55 a.m.

Where: Buffalo Wild Wings, 680 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: \$25 until June 25, \$30 after and on event day. Registration starts 8 a.m. Kiddie K race is FREE! Make checks payable to Veterans Trust Fund & mail to TriSports, 2772 Hazlettville Rd, Dover, DE 19904. Contact Ray at 302-674-3213 or email: Races4u@TriSportEvents.Com. Register online at TriSportsEvents.Com.

Silent Hero: Can't make the race but would still like to support this event? Register as a Silent Hero!

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 5 male & female finishers. AWARDS to most patriotic male & female participants. Ribbons to all Kiddie K finishers.

Amenities: Quality "Freedom 5K" TECH SHIRTS to all participants and volunteers. Post-race festivities include free food and beverage. [Results/photos posted at TriSportsEvents.Com](http://TriSportsEvents.Com)

Benefits: The Delaware Veterans Trust Fund provides assistance to Delaware's veterans in financial crisis.

This is a TriSports Events MyLaps 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 Freedom 5K & Kiddie K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Delaware Commission of Veterans Affairs, 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. By signing this waiver and release I certify that I fully understand its significance. No refunds will be issued.

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 - parent or guardian signature required if entrant is under 18)