



# Be Great

## 5K Run/Walk & Kids Races

### Family Fun for Everyone

**Benefits The Greater Dover Boys & Girls Club**



- When:** Saturday, November 4, 2017, 5K starts at 9am. **FREE** Kids races start at 8:50am.
- Where:** Buffalo Wild Wings, 680 Bay Road (across from the Blue Hen Corporate Center), Dover, DE.
- Course:** Run/walk the paved scenic rural landscape of the St. Jones Isaac Branch Trail.
- Registration:** \$25 until Oct 28, \$30 after and on event day. Registration is FREE with \$100 in donations! Make checks payable to Greater Dover Boys & Girl Club and mail to 1683 New Burton Rd, Dover, DE 19904. Questions: Contact Darrell at 302-674-3313 x316 or email [dtingle@bgclubs.org](mailto:dtingle@bgclubs.org). **This is a TriSports Events Championship Series Event.** Register online at [TriSportsEvents.Com](http://TriSportsEvents.Com).
- Silent Hero:** Unable to attend? Register as a Silent Hero. We greatly appreciate your support!
- Awards:** Custom awards for overall 5K male/female & master's winners, and top 3 male/female runners in categories 10 & under thru 70 & over. 5K walk awards to top 5 male/female finishers. Finishers medals to all kids race participants.
- Amenities:** Quality event **TECH SHIRTS** to all 5K participants. A \$5 Buffalo Wild Wings food voucher will be provided for use after the race. Bring the family and enjoy the moon bounces, entertainment, and much more.

### **This is a TriSports Events Chipped 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 Be Great 5K Run/Walk and Kids Races, I, for myself and anyone entitled to act on my behalf, waive and release the Greater Dover Boys & Girls Club, Boys & Girls Clubs of Delaware, Inc., TriSports Events Management, Buffalo Wild Wings, the City of Dover, and 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. Entry fees are non-refundable or transferable. By signing this waiver and release I certify that I fully understand its significance.

Age Day of Race \_\_\_\_\_ Sex: M F T-shirt Size: XS S M L XL XXL

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

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

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

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

(All participants must sign waiver. Signature of parent required if under 18 years of age)  
**We discourage unofficial entrants, rollers blades, bicycles and the wearing of headphones for the safety of participants**