



Be Great

5K Run/Walk/Kids Races & Team Competition

Family Fun for Everyone



When: Saturday, March 13, 2021, 5K starts at 9am. **FREE** Kids races start at 8:50am.

Where: Greater Dover Boys & Girls Club, 1685 New Burton Road, Dover, DE.

Course: 5K course is very flat, fast and mostly on a paved surface.

Registration: \$25 until March 6, \$30 after and on event day. Make checks payable to Greater Dover Boys & Girl Club and mail to 1685 New Burton Rd, Dover, DE 19904. Question? Contact Madeline Milligan at 302-658-1870 x225 or email mmilligan@bgclubs.org. **This is a TriSports Events Championship Series Event.** Register online at TriSportsEvents.Com.

Silent/Virtual: Unable to attend? Register as a Silent/Virtual Hero. We greatly appreciate your support!

Teams: A team must consist of 5 or more members. Only the top 5 from each team can score. Any team with less than 5 members will not be eligible for a team award. Each member must register under the same team name. Awards will be presented to top 3 teams with the lowest total team time. Each team member will be eligible for individual age group awards.

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. Silent/Virtual Hero participants will not be eligible for awards.

Amenities: Quality event **TECH SHIRTS** to all 5K participants. Bring the family and enjoy the moon bounces, food truck, refreshments, entertainment, **FREE CHILD CARE**, and much more.

This is a TriSports Events 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 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 of Dover, Boys & Girls Clubs of Delaware, Inc., TriSports Events Management, Kent County Parks & Recreation, 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/Virtual Hero

Signature: _____ Team Name _____

(All participants must sign waiver. Signature of parent required if under 18 years of age)

We discourage unofficial entrants, rollers blades, and bicycles for the safety of participants