



Be Great

5K Run/Walk & Kids Races

Family Fun For Everyone

Benefits The Greater Dover Boys & Girls Club



When: Saturday, November 7, 2015, 5K starts at 9am. **FREE** Kids races start at 8:50am. Rain or shine.

Where: Silver Lake Park. Located at the end of Washington Street, Dover, DE.

Course: The 5K run/walk will start/finish in the park and run through Dover's Historic District. FREE kids race will take place in the park and is for kids 10 & under.

Registration: \$20 until Oct 31, \$25 after and on event day. Registration is FREE with \$100 in donations! Make checks payable to Greater Dover Boys & Girl Club and mail to 9 East Lookerman Street, Suite 3C, Dover, DE 19901. Questions: Contact Darrell at 302-678-5194 or email dtingle@bgclubs.org. Register online at TriSportsEvents.Com. **This is a TriSports Events Championship Series Event.**

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

Awards: Custom awards for overall 5K male/female & masters winners, and top 3 male/female runners in categories 14 & under thru 70 & over. 5K walk awards to top 5 male/female finishers. Finishers ribbons to all kids race finishers.

Amenities: Quality event **TECH SHIRTS** to all 5K participants. Post race food and beverage will be available. 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, 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:** 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