



City of Dover Police Lodge 15

Cops & Robbers

5K Run/Walk

Benefits:
Dover FOB Lodge 15



Hosted By:
La Hacienda Mexican Restaurant & Bar

When: Saturday, August 20, 2022, 9 a.m., Rain or Shine. Healthy Kids Run (kids 8 & under) starts at 8:55 a.m.

Where: La Hacienda Mexican Restaurant & Bar, 1171 South Bay Road, Dover, DE. Registration opens at 8 A.M.

Course: 5K run/walk is on a very flat and fast out and back course. This a family friendly event!

Registration: \$25 until Aug 13, \$30 after and on event day. Registration starts 8 a.m. Kiddie K race is FREE! Make checks payable Dover FOP Lodge 15 and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Question? Contact **Ray@TriSportEvents.Com**. Register online at **TriSportsEvents.Com**. Online Registration will close at 9am on Aug 19. Day of event registration will be available.

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

Awards: Custom awards for overall male, female and master's winners and top 3 male & female runners in 10-year age groups starting with 14 & under, thru 70 & over. 5K walk awards for top 5 male & female finishers. Ribbons to all Kiddie K finishers.

Amenities: Quality 5K **TECH SHIRTS** to all participants. **Results/photos will be posted at TriSportsEvents.Com**. Awards ceremony and post-race party will be hosted by **La Hacienda Mexican Restaurant & Bar!**

Benefits: The Fraternal Order of Police Lodge #15 - Our mission is to assist a fellow member in need and to promote fraternalism within our organization. We take great pride in protecting and serving our community and the citizens who represent it.



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 2022 Cops & Robbers 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release the TriSports Events Management, the Dover FOP Lodge 15, La Hacienda Mexican Restaurant & Bar, 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 fully understand that my entry fee is not refundable or transferrable. By signing this wavier 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: () _____ Circle One: **5K Run** **5K Walk** **Silent Hero**
(Run or Walk) (Walk only) (donation)

Signature: _____
(All participants must sign waiver - parent or guardian signature required if entrant is under 18)