



Show your Valentine's Day love  
by supporting The Shepherd Place

## **Cupids Chase 5K**

### **Run & Walk**

**The Shepherds Place provides relief to  
homeless women and children in distress.**



**TriSportsEvents.com**

MYLAPS Chip Timing Partner

**When:** Saturday, February 15, 2020 10 a.m. Rain or Shine. FREE Healthy Kids Run (10 & under) starts at 9:55 a.m.

**Where:** Wild Quail Country Club, 1 Clubhouse Dr. Wyoming, DE. Event starts and finishes at the club house  
Run/Walk through the beautiful residential and golf areas of Wild Quail Golf & Country Club.

**Registration:** \$25 until February 8; \$30 after and on event day. Registration starts at 9 a.m. Make checks payable to the The Shepherd Place and mail to TriSports, 2772 Hazlettville Rd, Dover, DE. 19904. Questions? Contact Ray@TriSportsEvents.Com or Tasha at tasha-scott@comcast.net. Register at [TriSportsEvents.Com](http://TriSportsEvents.Com). Registration will be held in the club house.

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

**Awards:** Awards to overall male/female and master winners, top 3 male/female runners in categories 10 and under through 70 & over in 10-year age groups and top 5 male/female walk finishers. Ribbons to all Kiddie K finishers. **Special best dressed theme awards to male, female, and family (mother, father, child) of 3 or more.** The awards ceremony will be in club house.

**Amenities:** Quality "Cupids Chase 5K" **TECH shirts** to all registered participants. Post-race festivities include hot chocolate, raffles and special treats. Complete results and photos will be posted at [TriSportsEvents.Com](http://TriSportsEvents.Com)

**Benefits:** The Shepherd Place is a family shelter in Dover Delaware that was founded some twenty-five years ago by Father Lawrence Hunt and others who felt an acute desire to work to meet the needs of those in the Dover area who were homeless.

### **This is a TriSports Events Chip Timed Production**

#### **ENTRY FORM**

**WAIVER AND RELEASE OF LIABILITY:** I know that running/walking or rolling (wheelchair) in 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 Cupids Chase 5K Run & Walk and Healthy Kids Run. I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, The Shepherd Place, Club Wild Quail LLC, The Town of Wyoming, 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 certify that I have read this waiver and release and fully understand its significance. I fully understand that my entry fee and bib/chip number is non-refundable or transferable. We discourage unofficial entrants, roller blades, and bicycles for the safety of all participants. Entry fees are non-refundable.

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: \_\_\_\_\_

(Signature is required by all participants. Signature of guardian if entrant is under 18)