



10<sup>th</sup> Annual  
**Grinch Gallop 5K**  
**Run & Walk & 1 Mile Fun Walk**

*Benefits: Lori Robinson Scholarship Fund &  
Local Families During the Holiday Season*



- When:** Saturday Dec 1, 2018, 9 a.m. Rain or Shine. FREE Healthy Kids Run (10 & under) starts at 8:50 a.m.
- Where:** Smyrna High School, 500 Duck Creek Parkway, Smyrna, DE. Event starts and finishes at the high school.
- Registration:** \$20 until Nov 24; \$25 after and on event day. Registration starts at 8 a.m. Make checks payable to the Smyrna High School Letterman's Club and mail to TriSports Events, 2772 Hazlettville Rd, Dover, DE. 19904 Questions? Contact Ray at [Races4u@TriSportsEvents.Com](mailto:Races4u@TriSportsEvents.Com). Register at [TriSportsEvents.Com](http://TriSportsEvents.Com).
- Silent Hero:** Can't make it to this event but would like to show your support? Register as a Silent Hero or become a sponsor. Contact [Marcus.Deisem@smyrna.k12.de.us](mailto:Marcus.Deisem@smyrna.k12.de.us) for sponsorship opportunities.
- 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. Awards will be presented after the last finisher.
- Amenities:** Quality "Grinch Gallop 5K" shirts to all registered participants. Post-race festivities include free food and food beverage. Complete results and photos will be posted at [TriSportsEvents.Com](http://TriSportsEvents.Com) and on Facebook.
- Benefits:** This event will benefit local families in need during the holiday season and the Lori Robinson Scholarship Fund. Lori was our first Grinch Gallop honoree and a former SHS librarian. Her memorial scholarship is given to two deserving SHS seniors each year.

**This is a TriSports Events Chipped Timed Production**

**ENTRY FORM – ONE ENTRY FORM REQUIRED PER PARTICIPANT**

**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 Grinch Gallop 5K Run/Walk & 1 Mile Fun Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Smyrna School District, The Town of Smyrna, 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. We discourage unofficial entrants, roller blades, and bicycles for the safety of all participants. Entry fees are non-refundable and bib/chip numbers are not transferable.

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 1 Mile Fun Walk Silent Hero  
(Donation)

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