



1st Annual
Stars & Stripes
5K Run/Walk



Benefits:
Laurel Independence Day Committee

When: Thursday, July 4, 2019, 5 p.m., Rain or Shine. Healthy Kids Run (kids 8 & under) starts at 4:50 p.m.

Where: Central Ave Bridge – Near Pizza King at 403 North Central Ave, Laurel, DE 19956

Course: 5K run/walk is a single loop course through the streets of Laurel, DE.

Registration: \$25 until June 27, \$30 after and on event day. Registration starts 4 p.m. Kiddie K race is FREE! Make checks payable to Laurel Independence Day Committee & mail to TriSports, 2772 Hazlettville Rd, Dover, DE 19904. Questions? Contact Ray at Races4u@TriSportEvents.Com or Alexis at laurelop@comcast.net. Register online at TriSportsEvents.Com.

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

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

Amenities: Quality "Stars & Stripes 5K" TECH SHIRTS to all participants. Post-race festivities include food, beverage, Independence Day Parade, two bands, petting zoo, many vendors, and the famous Laurel fireworks display at dusk. [Results/photos posted at TriSportsEvents.Com](http://TriSportsEvents.Com)

Benefits: Proceeds will benefit the Laurel Independence Day Fireworks

This is a TriSports Events MyLaps 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 Stars & Stripes 5K & Kiddie K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release the TriSports Events Management, Laurel Independence Day Committee, The Town of Laurel, 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. No refunds will be issued. 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: () _____ Circle One: 5K Run 5K Walk Silent Hero

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