



Caroline Center, Inc.
**5K Run, Ramble, Roll
& Kids Race**
Family Fun for Everyone

All proceeds benefits adults with Intellectual & Developmental Disabilities

When: Saturday, September 19, 2020, 5K starts at 9am. **FREE** Kids races (10 & under) start at 8:50am.

Where: Martin Sutton Park, 302 West Fourth Street, Ridgely, MD

Course: 5K course is very flat, fast and on a paved surface through the scenic country side.

Registration: \$25 until Sept 12, \$30 after and on event day. Make checks payable to Caroline Center, Inc and mail to TriSports, 2772 Hazletville Rd, Dover, DE 19904. Question? Contact Ray at races4u@trisportsevents.com. **This is a TriSports Events Championship Series Event. Register online at TriSportsEvents.Com.**

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

Awards: Custom awards for overall 5K male/female & master's winners, and top 3 male/female runners in categories 10 & under thru 70 & over. 5K walk awards to top 5 male/female finishers. Finishers ribbons to all kids race participants.

Amenities: Quality event **SHIRTS** to all 5K participants. Bring the family and enjoy all the food, drink and festivities in the park after the race.

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 5K Run, Ramble, Roll and Kids Races, I, for myself and anyone entitled to act on my behalf, waive and release the Caroline Center, Inc., TriSports Events Management, The Town of Ridgely and The State of Maryland 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 XXXL

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, and bicycles for the safety of all participants