

## <u>Salute the Heroes Veterans Day</u> <u>5K Run/Walk/Ruck</u>

Past - Present - Future

Benefits: The Air Force Sergeants Association



TriSportsEvents.Com

## **Social Distancing Rules Apply**

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Quality "Salute the Heroes Veterans Day 5K" <u>Performance Tech Shirts</u> to all participants. Results & photos will be posted at TriSportsEvents.Com.								
Custom awards for overall male, female, and master's winners. Top 3 male/female runners In 10-year age groups starting with 10 & under thru 70 & over. 5K walk awards to top 5 male/female finishers. Top 3 male 35lb – female 25lb in the Ruck . Ribbons to all Kiddie K finishers.								
Can't participant in this	event but would like	to show y	our suppoi	t? Re	egister a	s a Silen	t Hero!	
\$25 until October 31, \$30 after and on event day. Registration starts at 8 a.m. Free Kiddie K for kids 10 and under. Make checks payable to AFSA Chapter 201 and mail to TriSports Events, 2772 Hazlettville Road, Dover, DE 19904. Questions? Contact Ray@TriSportsEvents.com or email afsach201@gmail.com Register online at <u>TriSportsEvents.com</u> .								
Run/Walk/Ruck the flat scenic rural landscape of the St. Jones Isaac Branch Trail.								
Buffalo Wild Wings, 680 Bay Road (across from the Blue Hen Corporate Center), Dover, DE.								
Saturday, November 7, 2020 at 9 a.m., rain or shine. Healthy Kids Run starts at 8:50 a.m.								
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(All participants must sign waiver - Signature of parent or guardian if entrant is under 18)

## **COVID-19 Run/Walk Event Requirements**

We appreciate your support of The Air Force Sergeants Association and the many services they provide to the military community. The AFSA and TriSports Events along with **YOUR COMPLIANCE** will do everything possible to ensure that ALL of us stay safe during the course of this event.

We can all still have a great time while competing and visiting with your friends but we must do so cautiously. In an effort to do this, we ask your cooperation in following the below guidelines.

- **Must be Healthy** You and/or your guess must be healthy to participant or attend this event. If in doubt, stay home!
- Limited Participation Limited to 250 participants. No exceptions!
- Registration Online or mail in paper registration strongly encouraged. Event day registration will be available following facemask and social distancing guidelines. <u>NO MASK NO SERVICE FOR THE PROTECTION OF</u> EVERYONE!
- Packet pickup Must wear a face mask and follow social distancing guidelines.
- **Social distancing** Distancing of 6+ feet must be followed at all times before, during, and after the race. No group gatherings at any time unless with immediate family members. Guest or participants must not crowd the start/finish area.
- Face Mask Must be worn before and after the race but may be removed during the race.
- **Start Procedures** A social distancing spread or staggered start based on the number of participants will be followed as specified by the TriSports Events.
- Hand Sanitizer We encourage you to wash and sanitized often and keep your hands away from your face.
   Sanitizer will be available.
- Awards A social distancing awards ceremony will take place immediately after the last finisher crosses the line.
   All event activities will be held outdoors.
- Guideline Compliance Your signature on the electronic or paper entry form is your social contract to follow all
  facemask and social distancing guidelines both written and/or as directed by race officials on the day of the
  event.
- **Entry Refusal** For the health and safety of all in attendance, we reserve the right to refuse your entry into this event based on your refusal to follow CDC, state, and TriSports event specific guidelines.

Sign Name: _	Date:
Print Name:	
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