



Heron Pride

5K Run/Walk



Benefits: St. Anne's Financial Aid Program.

Presented by: St Anne's Episcopal School

When: Saturday, September 25, 2021, 9 A.M. Rain or Shine. Healthy Kids Run (10 & under) starts at 8:55 A.M.

Where: St. Anne's Episcopal School, 211 Silver Lake Road, Middletown, DE.

Registration: \$25 until Sept 18; \$30 after and on event day. Registration starts 8 A.M. Make checks payable to St. Anne's Episcopal School and mail to TriSports Events 2772 Hazletville Rd, Dover, DE 19904. Questions? Contact Races4u@TriSportsEvents.com. Register online at TriSportsEvents.com.

Silent Hero: Can't make the event but would like to show your support? Register as a Silent Hero. We appreciate your support.

Awards: 5K run awards to overall and master's male and female winners, top 3 male & female runners in 10-year age groups. 5K walk awards to top 5 male/female finishers. Ribbons to all Healthy Kids Run participants.

Benefits: St. Anne's Episcopal School is committed to making the school affordable for a wide range of students and provided \$810,000 in financial aid last year. We are honored to support the individual human spirit of our talented students, and believe social and economic diversity benefits every member of our learning community. Proceeds from the Heron Pride 5K will support St. Anne's financial aid program.

Amenities: Quality **EVENT SHIRTS** to all participants. Festivities to include music, food, and much more! Results & photos will be posted at TriSportsEvents.Com.

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 Heron Pride 5K Run/Walk and Healthy Kids Run, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, St. Anne's Episcopal School, The Town of Middletown, 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 understand that is my responsibility to check TriSportsEvents.com for any changes in event date, time, and venue. Assigned bib/chip numbers are not transferrable. Entry fees are non-refundable. I certify that I have read this waiver and release and 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
(Donation)

Signature: _____

(All participants must sign waiver - signature of parent or guardian if entrant is under 18)