



TriSportsEvents.com

# 19<sup>th</sup> Annual **Citibank Freedom 5K Run/Walk & Roll**



*Benefits the Veterans Trust Fund*

**When:** Saturday, July 7, 2018, 9 a.m., Rain or Shine. Healthy Kids Run (kids 8 & under) starts at 8:55 a.m.

**Where:** Silver Lake Park, Dover, DE. Use Washington Street entrance off of State Street.

**Course:** 5K run/walk is a double loop course and is very flat and fast course.

**Registration:** \$20 until June 30, \$25 after and on event day. Registration starts 8 a.m. Kiddie K race is FREE! Make checks payable to Veterans Trust Fund & mail to TriSports, 2772 Hazletville Rd, Dover, DE 19904. Contact Ray at 302-674-3213 or email: [Races4u@TriSportEvents.Com](mailto:Races4u@TriSportEvents.Com). Register online at [TriSportsEvents.Com](http://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 14 & 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. Roll (wheel chair) awards will be presented to the top 3 male/female finishers.

**Amenities:** Quality "Freedom 5K" TECH SHIRTS to all participants and volunteers. Post race festivities includes free food and beverage. [Results/photos posted at TriSportsEvents.Com](http://TriSportsEvents.Com)

**Benefits:** The Delaware Veterans Trust Fund provides assistance to Delaware's veterans in financial crisis.

## **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 Freedom 5K & Kiddie K Run/Walk & Roll, I, for myself and anyone entitled to act on my behalf, waive and release the TriSports Events Management, Delaware Commission of Veterans Affairs, the City of Dover, 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. 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 5K Roll

Signature: \_\_\_\_\_

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