

**Tri-Sports
EVENTS**



TriSportsEvents.Com

Victoria's 5K Bubble Run/Walk

Presented by the Victoria Flick's Friends Foundation
VictoriaFlick.org



www.crossfitdover.com (302) 242-5400

Please support Victoria Flick's Friends Foundation in giving a special hand to special children

When: Saturday, June 26, 2010, 9 a.m., Rain or Shine. Kiddie K (10 & under) starts at 8:50 a.m.

Where: Villages at Fairview Farm, Fairview Avenue, Middletown, DE 19709

Course: 5K Run/Walk will take you through the beautiful Villages at Fairview Farm community.

Registration: \$20 until June 20, \$25 after and on event day. Registration is free for \$50 in donations. Kiddie K is FREE. Registration starts at 8 a.m. Make checks payable and mail to Victoria Flick's Friends Foundation, 2772 Hazlettville Rd, Dover, DE, 19904. Call: Ray at 302-674-3213. **Register online at TriSportsEvents.Com.** Email: **Races4u@TriSportsEvents.Com.**

Awards: Unique awards for overall male, female & masters winners, top 3 male & female runners in categories 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 70 & over. 5K walk awards for top 3 male & female finishers. Medals to all Kiddie K finishers. **This is a TriSports Ultimate Challenge Series Event. Results/photos will be posted at TriSportsEvents.Com.**

Amenities: Quality "Victoria's 5K Bubble Run/Walk" tee shirts to all participants. **After the race everyone is invited to 9 Fredericksburg Drive (2 blocks from finish) for the all day post race celebration with food, raffles, prizes, entertainment, and children's activities! For non race registered participants, the post race catered meal and festivities is \$25 for 11 & over. 10 and under, pay your age.**

Benefits: Victoria Flick's Friends Foundation was established to help special needs children obtain the durable medical equipment necessary to fit the needs of the child when all other resources are exhausted.

Finish Line: Management, Timing & Results Provided by **TriSports Events and our great volunteers.**

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 Victoria's 5K Bubble Run/Walk & Kiddie K, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Crossfit of Dover, the Victoria Flick's Friends Foundation, Villages at Fairview Farm, 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: M L XL

Print Name: _____ Email: _____

Address: _____
(Street or P.O. Box) City State Zip

Phone: () _____ Circle One: Kiddie K 5K Run 5K Walk Meal Only
(FREE)

Signature: _____

(Signature of parent or guardian if entrant is under 18)

We discourage unofficial entrants, strollers, roller blades, bicycles, and the wearing of headphones for the safety of all.