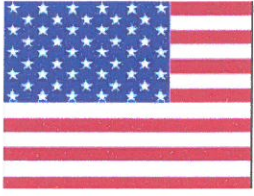


DE 4-H



31st Dover Running Festival



Dover Mile Run/Walk Colonial 5K Run/Walk

June 5, 2018

Presented by the Colonial Rotary Club of Dover

When:

Tuesday, June 5, 2018 — Rain or Shine

- Registration starts.....5:00 p.m.-----Governors Cafe - - 144 Kings Highway, Dover, DE
- Flag Day Ceremony.....5:30 p.m.Governors Cafe - - 144 Kings Highway, Dover, DE
- Dover Mile Run/Walk.....6:00 p.m.----- Open to all ages - Competitive and non-competitive
- Colonial 5K Run/Walk.....6:30 p.m. ---- Open to all ages - Awards will be given after last finisher.
- Awards (mile/5K) ceremony7:45 p.m.Starts shortly after the completion of the 5K
- The Dover Mile will start at the South Dover Elementary School and end at the Governors Cafe.

Where:

Registration, awards, and post race party will be held at **Governors Cafe**, 144 Kings Highway, Dover, DE.

Course:

Mile event starts at the South Elementary School on South State Street and runs North to the finish line at the Governors Cafe. The 5K starts and finishes at the Governors Cafe on Kings Highway. **5K/1M are USATF Certified!**

Registration:

Mile-individual \$15 (\$20 after May 29 and day of event)
 Mile-family of 3 or more \$30 (\$35 day of event) Family = Mother, Father and children under 18
 5K Run/Walk(all).....\$20 (\$25 after May 29) - Students under 18 & under - \$15
 1 Mile & 5K Double down.....\$35 (\$40 after May 29) - Students under 18 & under - \$25
 Make checks payable to the Colonial Rotary Club. Mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Register online at TriSportsEvents.com. Email Ray@TriSportsEvents.com with questions regarding the race course. **This is a Team TriSports Events Championship Series Event.**

Silent Hero:

Can't make this event but would like to show your support? Register as a Silent Hero!

Awards:

Custom awards to overall male and female winners in the 1 mile and 5K and to the top three in each age group.
Overall male/female winners will receive an incased American flag that has been flown over our nations capital!

Amenities:

Quality Dover Mile/5K T-shirts to all individual registered participants. Transportation will be provided to the one mile start. Post race party will include food and drink vendors. Local craft brews will be available!

Family Fun:

Bring the family and celebrate the Colonial Rotary Club way! Benefits the Rotary community projects.

This is a TriSports Events Chipped Timed Production

ENTRY FORM MUST BE COMPLETED FOR EACH PARTICIPANT - PARENT MUST SIGN IF UNDER 18

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 Dover Mile and Colonial 5K Run/Walk, I, for myself and anyone entitled to action on my behalf, waive and release the Colonial Rotary Club of Dover, TriSports Events Management, the City of Dover, the State of Delaware, and all other 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 am signifying that I fully understand its significance.

Age Day of Race: _____ **Sex:** M F **T-shirt Size:** XS S M L XL XXL

Print Name: _____ **E-Mail:** _____

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

Phone: () _____ **Check one:** Mile Run Mile Walk 5K Run 5K Walk

Mile/5K Combo Run Mile/5K Combo Walk Silent Hero

Signature: _____ **Team Name** _____

(All Participants must sign waiver - Signature of parent or guardian if entrant is under 18 years of age)