



10th Annual
ARC of Delaware
Mid-Del

5K Run/Walk & Roll
and 1 Mile Walk & Roll



Benefits the Arc of Delaware: Advocating for the rights and full participation of all children and adults with intellectual and developmental disabilities.

- When:** Saturday, April 17, 2010, 9 a.m. Rain or Shine. Kiddie K (kids 8 & under) starts at 8:50 a.m.
- Where:** Wild Quail Country Club, Wyoming, DE. Starts and finishes at the pool house at Westville Road entrance. Run/walk thru the beautiful residential and golf areas of Wild Quail Golf & Country Club.
- Registration:** \$18 until April 11, \$20 after and on event day. Registration starts 8 a.m. FREE registration for \$50 in donations. Make checks payable and mail to Arc of DE, P.O. Box 562, Dover, DE 19903. Wheelchair participants are encouraged to enter; if you need assistance please call The Arc of DE at 302-736-6140. For other inquires contact Ray at 302-674-3213 or email Races4u@TriSportsEvents.Com. Register online at TriSportsEvents.Com. This is a TriSports Ultimate Challenge Series Event!
- Awards:** Awards for overall and masters male and female winners, top 3 male & female runners in categories 10 and under thru 70 & over. 5K/1 Mile walk awards for top 3 male & female winners. Medals to all Kiddie K finishers. Special awards for roll (wheelchair) participants.
- Amenities:** Quality "Arc 5K" t-shirts to all participants and volunteers. Post race festivities include free food and beverage. Results and photos will be posted at TriSportsEvents.Com.

Event managed by TriSports Events and our great volunteers

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 Arc 5K, or Kiddie K, Run/Walk & Roll and 1 Mile Walk & Roll, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Crossfit of Dover, The Arc of Delaware, The Town of Wyoming, 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 certify that I have read this waiver and release and fully understand its significance.

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

Print Name: _____ Email: _____

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

Phone: () _____ Circle One: 5K Run 5K Walk 5K Roll 1 Mile Walk 1 Mile Roll

School/Organization _____

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

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