1st Annual

Builders Dash 5K Run/Walk

Central Delaware to Habitat for Humanity helps low-income families reach their dreams of a place to call home.

When: Saturday, April 13, 2013, 10 a.m. Rain or Shine. FREE Healthy Kids Run (10 & under) starts at 9:50 a.m.

Where: Fordham & Dominion Brewing Company, 1248 McD Drive, Dover, DE (GPS 730 Horsepond Road - next door). Run/Walk is an out and back route on a very flat course.

Registration: $20 until April 6; $25 after and on event day. Registration starts 9 a.m. FREE registration with $100 in donations. Make checks payable to CDHFH and mail to TriSports, 2772 Hazlettville Rd, Dover, DE 19904. Questions? Contact Jocelyn at **Director@CentralDelawareHabitat.org** or Ray at **Ray@TriSportsEvents.Com.** Register online at **TriSportsEvents.Com**. **This is a Team TriSports Championship Series Event!**

Sleep Walker: Register then stay in bed, we'll mail your shirt to you! We greatly appreciate your support!

Awards: Awards to overall male/female and master winners, top 3 male/female runners in categories 10 and under through 70 & over and top 3 male/female walk finishers. Medals to all Kiddie K finishers.

Amenities: Quality "Builders Dash 5K" t-shirts, soda and beer to all registered participants. Other post race festivities include food, music, and brewery tours. Results and photos will be posted at **TriSportsEvents.Com.**

Benefits: Seeking to put God's love into action, Central Delaware Habitat for Humanity brings people together to build affordable homes, communities, and hope. Central Delaware Habitat has been serving Kent County for the past 22 years by building and/or renovating simple, decent affordable homes in partnership with low-income people. For additional information visit **www.CentralDelawareHabitat.org or call (302)526-2366.**

Event managed by Team TriSports Events

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 Builders Dash 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Central Delaware to Habitat for Humanity, Fordham & Dominion Brewing Company, 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. I certify that I have read this wavier 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** **Silent Hero**

Signature: _____

(Guardian's signature if entrant is under 18)

Builders Dash
5K Run/Walk

Sponsor Sheet

Participant's Name **Phone**

Street Address

City **State** **Zip**

Donor's Name	Address	Email	Telephone	Amount

Make checks payable to "CDHFH".

For more information about CDHFH go to www.CentralDelawareHabitat.org.