



Delaware Guidance Services

for Children and Youth, Inc.

Share The Holiday Spirit 5K Run/Walk & Holiday Cookie Contest!

[In Memory of Laura Gondeck](#)



TriSportsEvents.com

Food donations will benefit local homeless shelters. Monetary donations will benefit Delaware Guidance Services

When: Saturday, December 13, 2014, 10 a.m. Rain or Shine. Kiddie K starts at 9:50 a.m.

Where: Dover's Silver Lake Park – Enter from State Street for beach side parking

Course: 5K Run/Walk through Silver Lake Park and Dover's Historic District

Registration: Entry fee is \$20 until Dec 6. \$25 after and on event day. Kiddie K is FREE. Registration starts 9 a.m. Registration is FREE with \$100 in donations. Make checks payable to Delaware Guidance Services and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Got Questions? Contact Jessica at 302-423-3051 or email: jlgondeck@verizon.net

Silent Hero: Can't attend but would like to show your support? Register as a Silent Hero. We appreciate your support!

Awards: Unique awards for overall male and female winners and top 3 male & female runners in 10 year age groups starting with 14 and under thru 70 and over. Special awards for the best tasting and most decorative holiday cookies! Awards for the most festive male/female holiday outfit. Walk awards to top 3 male & female winners. Medals to all Kiddie K finishers. This is a TriSports Events Ultimate Challenge Series Event.

Amenities: Quality "Share the Holiday Spirit 5K" long sleeve tee shirts to all participants and volunteers. Post race festivities include free food and beverage.

Benefits: Local food banks and homeless shelters. Monetary donations will benefit Delaware Guidance Services for Children and Youth, Inc. For more information go to www.delawareguidance.org

Finish Line: Event 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 Holiday Spirit 5K & Kiddie K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Delaware Guidance Services for Children & Youth, Inc., the Gondeck family, the City of Dover, Dover Parks & Recreation, 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: 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: _____

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

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