



9th Annual

Arbor Day 5K Run/Walk



- When** Saturday, April 5, 2014, 9 a.m. Rain or shine. FREE Healthy Kids Run (10 and under) starts at 8:50 a.m.
- Where** Adkins Arboretum, 12610 Eveland Road, Ridgely, MD 21660
- Registration** Ages 16 and up: \$20 if registered by March 29. \$25 day of the race. Ages 15 and under: \$10 if registered by March 29, \$15 day of the race. **Registration begins at 8 a.m. on the day of the event. FREE registration with \$50 in donations. Make checks payable to Adkins Arboretum and mail to TriSports, 2772 Hazletville Rd., Dover, DE 19904, or register online at TriSportsEvents.com.** Contact Ray at 302.674.3213 or Ray@TriSportsEvents.com with questions. **This is a Team TriSports Championship Series Event!**
- Silent Hero** Receive a T-shirt but forgo the run/walk. Indicate this preference on the form below, and your shirt will be mailed to you. The Arboretum appreciates your support!
- Awards** Awards will be presented to overall male/female and master winners, top 3 male/female winners in categories 10 and under through 70 and over in 10-year ages groups, and top 3 male/female walk finishers. Ribbons to all Healthy Kids Run Finishers.
- Amenities** Quality "Arbor Day 5K" shirts to all registered participants. Post-race festivities include refreshments, children's nature activities, and a native tree raffle. Complete results and photos will be posted at TriSportsEvents.com.
- Benefits** For more information about Adkins Arboretum, visit adkinsarboretum.org.

The Arbor Day Run is 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 Arbor Day 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Adkins Arboretum, 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. I fully understand that my entry fee is non-refundable or transferable. We discourage unofficial entrants, roller blades, and bicycles for the safety of all participants.

Age (on day of race): _____ **Sex:** M F **T-shirt size:** S M L XL

Print Name: _____ **E-mail:** _____

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

Phone: _____ **I am registering for:** 5K Run 5K Walk Silent Hero

Signature: _____
(Signature guardian if entrant is under 18)