

1-Mile Fun Run/Walk and Run Kids, Families, Runners and Walkers Invited

23rd Dover Mile

Presented by the Colonial Rotary Club of Dover

When:

Friday, April 30, 2010 — Rain or Shine



- Registration starts..... 5:00 p.m. on The Green on State Street
- Mile Fun Walk 5:30 p.m. — Open to all ages
- Sub-Masters Mile Run 6:00 p.m. — 10 and under, 11–15, 16–19, 20–29, 30–39
- Masters Mile Run 6:30 p.m. — 40–49, 50–59, 60 and over
- Mile Fun Run 7:00 p.m. — Open to all ages
- All races will start on time. Please be at the start on time!



The Green is located on State Street between North Street and Water Street in Dover, Delaware.

Course:

Race starts from North State Street at Columbia Avenue and runs south to the finish line on The Green at the Golden Fleece Tavern. Course is very flat and fast!

Registration:

Individual pre-registration fee..... \$10 (\$15 day of event)
Family of 3 \$25 (\$30 day of event)
Family of 4 or more \$30 (\$35 day of event)
Make checks payable and mail to the Colonial Rotary Club, P.O. Box 1772, Dover, DE 19903-1772.
Register online at **TriSportsEvents.com**.
Contacts: Steve 302-363-5766 or sloginbvi@verizon.net for registration info
Ray 302-674-3213 or ray@TriSportsEvents.com with questions regarding the race course.
This is a TriSports Events Championship Series Event.

Awards:

Awards for overall male and female winners in the Sub-Masters Mile Run and Masters Mile Run and the top three in each age group. Awards to the top three male and female finishers in the Mile Fun Walk and the Mile Fun Run.

Amenities:

Quality Dover Mile T-shirts to all participants. Transportation will be provided to the start. Please be on time.

Family Fun:

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

Finish Line:

Event Management, Timing and 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 Dover Mile 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:** S M L XL

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

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

Phone: () _____ **Please Check:** Fun Run Fun Walk Sub-Masters Masters

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

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