

LAKE FOREST  
COMMUNITY EDUCATION  
FOUNDATION



Presents the first annual

# GOBBLE Wobble 5K

Run or  
Walk!

**Saturday November 19, 2016**

Starts 9 a.m.

Rain or Shine

Lake Forest North Elementary School

Felton, DE 19943

*Fun for the whole family!*

- Tee Shirts to **ALL** participants
- Awards to Overall Male, Female & Masters plus Top 3 Male & Female Runners in 5 -Year Age Groups
- Awards to Top 5 Male & Female Walkers
- Post Race Drinks, Snacks & Giveaways

*Beat the Turkey!*

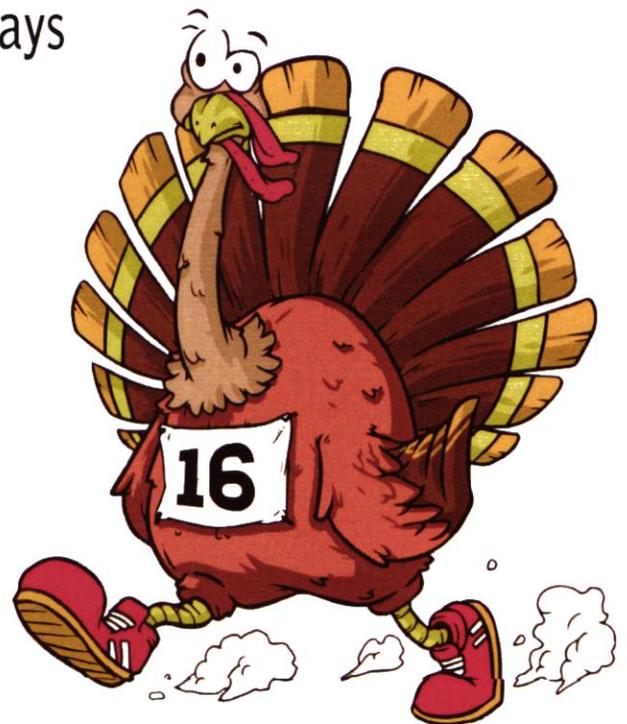
Finish the race **before the Turkey**  
& be entered to win **Additional Prizes**

**FREE**  
**Healthy Kids Run**

Starts 8:50 a.m. Ages 8 & Under.  
Ribbons to All Healthy Kids Race Finishers

Register online at **TriSportsEvents.com**  
or call Ray at **302-674-3213**  
for more information

All proceeds will benefit the Lake Forest  
Community Education Foundation (LFCEF).  
LFCEF provides grants for innovative projects  
to enhance the education curriculum.



**\$20 before November 12**

**\$25 after Nov, 12 & the Day of the Race**

LAKE FOREST  
COMMUNITY EDUCATION  
FOUNDATION



An organization committed  
to our schools & communities



**When:** Saturday, Nov 19, 2016, 9 a.m., Rain or Shine. FREE Healthy Kids Run (kids 8 & under) starts at 8:50 a.m.

**Where:** Lake Forest North Elementary, 319 E. Main St., Felton, DE 19943. Parking, start, finish is behind the school.

**Course:** 5K run/walk is on paved roads and is very flat and fast!

**Registration:** \$20 until Nov 12, \$25 after and on event day. Registration starts 8 a.m. Kids race is FREE!. Make checks payable LFCEF and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Questions? Contact Ray at 302-674-3213 or email: [Races4u@TriSportEvents.Com](mailto:Races4u@TriSportEvents.Com). Register online at [TriSportsEvents.Com](http://TriSportsEvents.Com). **This is a TriSports Events Ultimate Challenge Series Event.**

**Silent Hero:** Can't make it to this event? Register as a Silent Hero! We greatly appreciate your support!

**Awards:** Unique awards for overall male, female and master's winners and top 3 male & female runners in 5 year age groups starting with 10 & under, thru 70 & over. 5K walk awards for top 5 male & female finishers. Ribbons to all Healthy Kids race finishers. **Finish ahead of the turkey and you could win a prize!**

**Amenities:** Quality "Gobble Wobble 5K" tee shirts to all participants. Post race festivities includes food, drink, giveaways, raffles, and much more. **Results/photos posted at TriSportsEvents.Com**

**Benefits:** Benefits the Lake Forest Community Education Foundation. LFCEF provides grants that are used to enhance the Education curriculum with innovated programs within the Lake Forest School District and community.

## This is a TriSports Events Chipped Timed Production

### -----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 Gobble Wobble 5K Run/Walk and Healthy Kids Run, I, for myself and anyone entitled to act on my behalf, waive and release the TriSports Events Management, Lake Forest Community Education Foundation (LFCEF), The Lake Forest School District, The Town of Felton, 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. Entry fees are non-refundable. 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 XXL

Print Name: \_\_\_\_\_ Email: \_\_\_\_\_

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

Phone: ( ) \_\_\_\_\_ Circle One: 5K Run 5K Walk Silent Hero

Signature: \_\_\_\_\_

(All participant must sign the waiver - parent or guardian must sign if entrant is under 18)

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

# SPONSOR ENTRY - NO CHARGE