



8TH ANNUAL

DELAWARE HERO RUN

Formerly Trooper Ron's Run
A Ronnie Williams Foundation 5k Run/Walk

to benefit the Delaware Hero Fund & RGWF Scholarships



SATURDAY MAY 5, 2012 - RACE TIME - 10:00A.M.

WHERE:

Glasgow Park, 2199 Pulaski Highway in Newark DE 19702 at intersection of Routes 40 & 896
Registration opens at 9a.m. Run/Walk begins at 10a.m.

REGISTRATION:

Early Registration: \$20.00 until April 26, \$25.00 after or on Race Day
Silent Hero Entry: \$25.00 stay home race day, we will send you a shirt & you still support the Delaware Hero Fund
Register Online at: www.active.com/event_detail.cfm?event_id=2010730
Donate Online at: www.firstgiving.com/17606

AWARDS:

Unique Awards for overall male & female winners and Top Team. Top 3 male/female Walkers. Top 3 male/female runners in 10 year age groups starting with 13 & Under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69 thru 70 & over.

AMENITIES:

Delaware Hero Run t-shirts to all registered runners and volunteers.
Moonbounce & other activities for kids.
Sandwiches and drinks provided by:



BENEFITS:

The Delaware Hero Fund was established to help Delaware Law Enforcement and their families experiencing hardships. In addition, the RGW Foundation is a 501(c)3 Non-Profit that annually gives out 3 college scholarships.

For more information contact: cmartin@thergwfoundation.org
For full race results and photos visit our website: www.thergwfoundation.org



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 "Delaware Hero Run" 5K Run/Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, New Castle County, the RGW Foundation 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

Make checks payable to: "The RGW Foundation" Mail entry to: P.O. Box 5811 Wilmington, De 19808

Please Circle: Sex: M F -T-shirt Size: S M L XL XXL - Activity: 5K Run 5K Walk Silent Hero

Please print clearly

Name: _____ Email: _____

Address: _____
Street or PO Box City State Zip

Phone: (____) _____ Age day of race _____ Team name _____ # _____
Please submit team entries together Members

Team Captain _____ (Minimum 4 for Team Entry) Company/Agency _____

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

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