

5K Run/Walk



Warriors Helping Warriors "Brian Conley" Resiliency Center

Date: 30 May 2016

Time: 9:00 am

Pre-register by: 23 May 2016

Entry fees:

- \$20.00 for Pre-Registration
- \$25.00 for Race-Day Registration

The race starts on W. Cochran St., goes past Meredith Middle School, through the neighborhood of Sharondale back to West Cochran Street. Water station will be located at the 1.5 mile mark.

For more information contact:

Tina Conley (302) 373-9610
Email: WarriorsHWarriors@gmail.com



PRIZES

10 year age groups
First prize
Second prize
Third prize
T-shirts provided to all participants while supplies last. Pre-Register to guarantee a shirt.



Register online at:

<https://www.signup2raceusabak.com/registration/warriors/warriors.aspx>

Mail registration with check payable to Warriors Helping Warriors to:

Warriors Helping Warriors
4 Emerson Court
Middletown, DE 19709

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

Waiver

I know that running a road race is a potentially hazardous activity and that I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with my participation in the race.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____