



Friends of Silver Lake Nature Center

# Delhaas Dash 5K & Tigers Run The Woods Mile Saturday October 28<sup>th</sup> at 9:00AM

**Who:** Runners of all ages and abilities, gather your friends, families and co-workers and run through Delhaas Woods. Walkers are welcome!

**What:** The Delhaas Dash 5K trail run. If you are new to trail running, are sick of paved road courses, or just want to see what all the fuss is about trail running, come join us for a nice flat trail run through Delhaas Woods.

**Where:** The race will begin and end behind the old Lafayette Elementary School at 4201 Fayette Drive in Bristol Township, 19007. The course will head away from the basketball court north along the power line trail, turn left toward Cassalia Pond and return to the power lines and continue north along the power lines to a turnaround near Bath Road. Then we'll take you left into Delahaas Woods. Once in the woods there will be several turns to use as much of the trail system as possible before we put you back on the power line trail near the soccer fields for a "sprint" to the finish. More than 1/2 the course will be flat single track trails.

**When:** Saturday October 28, 2017 --- RAIN OR SHINE!  
8:00AM - Registration and bib pick-up begins  
9:00AM – Delhaas Dash 5K start (timed event)  
10:00AM – Tigers Run The Woods Mile start (non timed event)  
11:00AM – Course closes

**Registration:** Complete the attached form and submit a \$40 check or money order. You can also register on-line at [www.pretzelcitysports.com](http://www.pretzelcitysports.com), there is a service fee for online registrations. If you'd like to make an additional donation to support Friends of Silver Lake and Bristol Township Schools kindly note that on the form below. Tigers Run the Woods Mile is **FREE!** Also, make note of registration deadlines below. Same day registration is \$45.

**REGISTRATION: Delhaas Dash 5K** Complete this portion. Mail in registration closes OCTOBER 20, 2017. On-line Registration closes October 25<sup>th</sup>. Checks payable to Friends Of Silver Lake.

Circle Event    5k Run/Walk    Tiger Run the Woods Mile

Fee: \$40.00 + I would like to donate an additional \$20.00 \_\_\_\_\_ \$50.00 \_\_\_\_\_ or \$100.00 \_\_\_\_\_ = Total Enclosed \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ City \_\_\_\_\_ Please print State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Friends of Silver Lake Nature Center, the Township of Bristol, Bristol Township School District and those in their employ, the County of Bucks, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the trails; stinging insects and plants; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to Friends Of Silver Lake Nature Center  
1306 Bath Road, Bristol, PA 19007  
(215) 785-1177 – [sbrownpi2178@gmail.com](mailto:sbrownpi2178@gmail.com)**

[www.silverlakenaturecenter.org](http://www.silverlakenaturecenter.org)