



# 37th Delaware Distance Classic 15k and DEEC 10th Anniversary 5K Run & Walk

**Sunday, October 13, 2019 at 9:00 a.m.**  
**DuPont Environmental Education Center**  
**1400 Delmarva Lane, Wilmington, DE**



- Event** 2019 Mid-Atlantic USATF 15K Championship and a Mid-Atlantic Grand Prix Event. Sanctioned by the Road Runners Clubs of America (RRCA).
- Sponsors** See website. Thanks to Riverfront Development Corporation of Delaware for help with logistics.
- Field** 15K limited to 500 runners. No limit for 5K.
- Awards** 15K: Male & Female Open: **\$150, \$100, \$50**; M & F Masters **\$75**. 5 Year Age Groups (3 deep)
- Course** Flat and fast certified 15K course and 5K course out and back from the DEEC along the Jack A Markell trail.
- Amenities** Shirt guaranteed to the first 400 registered participants. Timing by Races2Run & Nova Timing.
- Benefits** Nemours Fund for Children's Health, other local charities, DNS and the Pike Creek Valley Running Club. As an affiliate member of the Road Runners Clubs of America, PCVRC is a 501(c)3 non-profit organization!
- Register** You may register online and/or download this entry form at [www.DDC15K.org](http://www.DDC15K.org).
- Location** Wilmington Riverfront at DuPont Environmental Education Center.
- Questions** Email us at [run@PCVRC.com](mailto:run@PCVRC.com) Volunteers always welcomed! Stay for the DEEC 10 Year Celebration!
- Host Club** Pike Creek Valley Running Club was established in 1982 to promote the sport of running; a fun and healthy activity for people of all ages & abilities! Please join PCVRC and support Running in Delaware.

**Print Name:** \_\_\_\_\_ **Phone Number:** (\_\_\_\_) \_\_\_\_\_

**Address:** \_\_\_\_\_  
City State Zip

**Email** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Sex:** Male Female **T-shirt Size:** XS Small Medium Large XL XXL

**USATF Member #:** \_\_\_\_\_

**Cost:** \_\_\_ 15K \$40.00 (thru Aug 31); \_\_\_ \$45.00 (Sep 1-30); \_\_\_ \$50.00 (Oct 1-12) \_\_\_ \$55.00 (race day)  
\_\_\_ 5K \$20.00 (thru Aug 31); \_\_\_ \$25.00 (Sep 1-30); \_\_\_ \$30.00 (Oct 1-12) \_\_\_ \$30.00 (race day)

**Charitable Donation (Nemours) \$** \_\_\_\_\_ **Join the PCVRC \$ 25.00 (optional)** **Total Enclosed \$** \_\_\_\_\_

**RELEASE FORM:** In consideration of this entry being accepted, I intend to be legally bound, hereby for myself, my heirs, my executors, and/or administrators, waive and release any and all rights I may have against the organizations holding this event, their agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me at said event. No bicycles, roller skates, baby joggers, headsets or dogs. Unofficial runners are not permitted to participate.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **This is my first DDC15K/5K** \_\_\_\_\_