



# 2018 Run the Mill Trail 5K Run/Walk



**When:** Saturday, Sept. 22, 2018, day-of registration & packet pick-up at 8 AM, race starts 9 AM; Event is rain or shine.

**Where:** Day-of registration, start, & finish at Blair’s Pond 5K Trail, 8187 Abbotts Pond Rd, Greenwood, DE 19950  
Race after-party & awards at Abbott’s Mill Nature Center, 15411 Abbotts Pond Rd, Milford, DE 19963

**Registration:** Early Bird (until 9/15): \$25/person; Week-of/Day-of (9/16 – 9/22): \$30/person; Make checks payable to Delaware Nature Society, and mail to TriSports Events, 2772 Hazletville Rd, Dover, DE 19904. Registration fees are non-refundable as this event is a fundraiser for Abbott’s Mill Nature Center of the Delaware Nature Society, a 501(c)(3) non-profit organization. Register at [delnature.org/runthemill](http://delnature.org/runthemill) or [trisportsevents.com](http://trisportsevents.com); for more info, contact [Races4u@TriSportsEvents.com](mailto:Races4u@TriSportsEvents.com) or [Matt@DelNature.org](mailto:Matt@DelNature.org)

**Timing/Awards:** This event will be chip timed; Overall and masters female & male winners; Top 3 F & M racers in categories 10 & under - 70 & over; Top 5 F & M finishers for 5K walkers.

**Silent Hero:** Can’t make the event, but would still like to show your support? Register as a SILENT HERO!

**Volunteer:** Interested in volunteering? Contact Matt Babbitt, Abbott’s Site Manager - [matt@delnature.org](mailto:matt@delnature.org) / 302-422-0847

**Amenities:** The first 250 racers & all volunteers will receive a race t-shirt & sponsored take home prizes. Race after-party includes beverages, post-race grub, live music, kayak rentals by Quest Adventures, kid’s activities with Lewes’ Factory Sports, & more. Results and photos will be posted at [trisportsevents.com](http://trisportsevents.com)

## TRAIL 5K RUN/WALK ENTRY FORM

**WAIVER & RELEASE OF LIABILITY:** I understand that my/my child’s participation in Delaware Nature Society’s (DNS) Run the Mill is entirely voluntary. I understand that DNS’ Run the Mill may involve running, biking, walking, hiking, boating, paddling, and other outdoor activities. I know and understand the risks and danger involved in the above-named activities, and I know and understand that unanticipated danger may arise. I hereby release DNS, TriSports Events Management, all event sponsors, and participating organizations from any responsibility for injury which might occur as a result of my/my child’s participation in all Run the Mill activities, except those determined to be a result of gross negligence on the part of the previously named entities. I give permission for myself/my child to participate in all Run the Mill activities. I hereby give my permission to the event organizers and sponsors to use my/my child’s name and/or picture in any publication, broadcast, telecast, or other account of this event without limitation or obligation of further compensation thereof. I also give permission to authorized personnel to carry out emergency diagnostic and therapeutic procedures as may be necessary for me/my child, and also permit such treatment procedures to be carried out at and by a local hospital for me/my child in the event of an emergency. I understand that any medical expenses will be billed directly to me or my insurance company.

**Participant Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_  
Last First M.I.

**Birth Date:** \_\_\_/\_\_\_/\_\_\_ **Age Day of Race:** \_\_\_\_\_ **Gender:** F / M **T-shirt Size:** S M L XL XXL

**Racer Type** (circle one): Individual 5K Run Individual 5K Walk Silent Hero

**Home Address:** \_\_\_\_\_  
Street or P.O. Box City State Zip

**\*Parent/Guardian:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
\*Minor participants only

**\*\*Parent/Guardian or Adult Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(\*\*Required for all participants)

### **EMERGENCY CONTACT** (optional)

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_