

THE MILFORD HIGH SCHOOL CROSS COUNTRY BOOSTERS

PRESENT THE 21st ANNUAL



REINDEER STAMPEDE 5K

OR MILE WALK

RAIN OR SHINE SATURDAY, NOVEMBER 30, 2019

NEW LOCATION!! KILLENS POND STATE PARK

CHECK-IN: 9:00-10:10 a.m. at the Killens Pond State Park start/finish area. **RACE START:** 10:15 a.m.

REGISTRATION: \$20 pre-registered — **RECEIVED** by Saturday, Nov. 23. \$25 after Nov 23 and on race day. **NEW!!!** Online registration available at TRISPORTSEVENTS.COM or mail your entry to TriSports Events, 2772 Hazlettville Rd, Dover, DE 19904 with a check payable to MHS Cross Country Boosters. The MHSCC Boosters encourage all participants to share the holiday spirit by bringing non-perishable food items for donation to local charities. Questions? Email Lance at LNBSKINNER@comcast.net or Ray Races4U@TriSportsEvents.com. **Chip timing provided by TriSports Events!**

TEAM REGISTRATION: Must have five members (no more-no less) to score as a team (Any age, any gender. \$80 per team pre-registered before Nov 23; \$100 after Nov 23 and on race-day. All 5 team members must complete a registration form and register under the same team name. Team runners can score individual awards.

SILENT HERO: Can't make this event but would like to show your support? Register as a SILENT HERO!

AWARDS: Unique wooden REINDEER TROPHIES to overall male & female runners & top 3 in 5-year age groups. Walk awards to top 5 male/female finishers. Team awards top 3 teams. Long sleeve T-Shirts to all pre-registered participants (race day and late registration limited to availability)!

COURSE: Colored posts and arrows mark the scenic, challenging 3.1-mile course used for the Delaware Cross Country Championships. Almost the entire course meanders through wooded trails around Killens Pond with some small hills.

COURSE RECORDS: MALE: 2018 - AUSTIN CAVE, 16:28 - FEMALE: 2009 - ELIZABETH PAUL 19:33

About 300 people, including 20-plus MHSCC Alumni, participated in the 2018 Reindeer Stampede!
Thank you for your continued support!

ENTRY FORM MUST BE COMPLETED AND WAIVER SIGNED BY EACH PARTICIPANT

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 the 2019 Reindeer Stampede 5K Run/Walk & 1 Mile Walk, I, for myself and anyone entitled to action on my behalf, waive and release the Milford High School Cross Country Boosters, TriSports Events Management, the State of Delaware, and all other 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. I also understand that my entry fee is not refundable. By signing this waiver and release I am signifying that I fully understand its significance.

Age Day of Race: _____ Gender: ☐ M ☐ F T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Print Name: _____ Email: _____

Address: _____
(Street or P.O. Box) City State ZIP

Phone: () _____ Check one: 5K Run 5K Walk 1 Mile Walk Silent Hero

Signature: _____ Team Name _____

(All Participants must sign waiver - Signature of parent or guardian if entrant is under 18 years of age)