

THE MILFORD HIGH SCHOOL CROSS COUNTRY BOOSTERS

PRESENT THE 24th ANNUAL



REINDEER STAMPEDE 5K

OR MILE WALK

RAIN OR SHINE SATURDAY, November 26, 2022

LOCATION: KILLENS POND STATE PARK, FELTON, DE

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 19. \$25 after Nov 20 and on race day. **Online registration available at [TRISPORTSEVENTS.COM](https://www.trisportsevents.com) or mail your entry to TriSports, 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 at Races4U@TriSportsEvents.com. **Chip timing provided by TriSports Events!**

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. **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 State Cross Country Championships. The entire course meanders through wooded well-maintained 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 have participated in the Reindeer Stampede in recent years!
Thank you for your continued support!

ENTRY FORM MUST BE COMPLETE 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 2022 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 Silent Hero

Signature: _____

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