



The Milk Run 5K Run/Walk

**Benefits: The Delaware Farm Bureau
Foundation, Food Bank of Delaware,
and the Ministry of Caring, Inc.**



When: Saturday, May 18, 2024 at 9 a.m., rain or shine. Healthy Kids Run starts at 8:50

Where: a.m. Ramsey's Farm - 440 Ramsey Rd. Wilmington, DE 19803

Course: This course is off-road/trails, please be prepared for uneven terrain.

Registration: \$25 until May 10th, \$30 after and on event day. Registration starts at 8 a.m. Free Kiddie K for kids 10 and under. Make checks payable to DE Farm Bureau Foundation and mail to:
Delaware Farm Bureau Foundation
3457 S. DuPont Highway
Camden, DE 19934

Silent Hero: Can't participant in this event but would like to show your support? Register as a Silent Hero!

Awards: Unique Cow Bell Awards for overall male, female, and master's winners. Top 3 male and female runners in 10 year age groups starting with 10 & under thru 70 & over. 5K walk awards to top 3 finishers. Small cow bells to all Kiddie K finishers.

Amenities: Quality 2024 Milk Run 5K Run/Walk race shirts to all participants. **Results & photos will be posted on fusionracetiming.com.**

Benefits: Delaware Farm Bureau Foundation, the Food Band of Delaware's "Backpack Program," and the Ministry of Caring's "Milk for Children Fund."

Entry Form

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 2024 Milk Run 5K Run/Walk & Kiddie K, I, for myself and anyone entitled to act on my behalf, waive and release Delaware Farm Bureau Foundation, Ramsey's Farm, The City of Wilmington, The State of Delaware and all 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. Entry fees are non-refundable. I certify that I have read this wavier and release and fully understand its significance.

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

Print Name: _____ **Email:** _____

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

Phone: (____) _____ **Circle One:** 5K Run 5K Walk Silent Hero

Signature: _____
(All participants must sign waiver - Signature of parent or guardian if entrant is under 18)