

1st Annual

# Milton Mile

to benefit

Milton Wesleyan Youth Group

**Get your mile on.....**

with a series of 1-mile races

When's the last time you ran a mile for time?

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## Friday May 25, 2012

Rain date - Friday June 1, 2012

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Milton Wesleyan Church  
411 Union Street  
Milton, Delaware

Sussex Street

### 7 Races: Each a 1-mile race / run / walk or wheel

- 1) 5:30 pm - Wee's & Wheels - parents & children in strollers & children of all ages with bikes, foot powered scooters and skateboards and all walkers
- 2) 5:50 pm - Teens (13-19 year olds)
- 3) 6:10 pm - Open Mile (ages 20-39)
- 4) 6:30 pm - Masters (ages 40-49)
- 5) 6:50 pm - Senior Masters (ages 50 +)
- 6) 7:10 pm - Elite Women (ability to run 6:00 or faster)
- 7) 7:20 pm - Elite Men (ability to run 5:00 or faster)

All start times based on finish of previous race

Awards - Top 3 to many age-group winners and all Wee's & Wheels win participant ribbons (Course record holder awarded to fastest overall Male & Female Runner)  
**Special Trophy to elite winner Men's & Women's**

### Friends • Family • Food • Fun • Fellowship immediately following in Milton Wesleyan Church Parking Lot

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952, [runningandracing@seashorestrider.com](mailto:runningandracing@seashorestrider.com) [www.seashorestriders.com](http://www.seashorestriders.com)

**RACE INFORMATION – CALL (302) 644-8952**

**Make Checks Payable to: "Seashore Striders"**

**Mail entry form/payment to: Milton Mile; P.O. Box 99; Nassau, DE 19969**

Bay Avenue

Atlantic Avenue

Course Finish

Course Start

Union Street

REGISTRATION...\$ 15.00 pre-registration fee through Monday, May 21, 2012

\$ 20.00 race day registration from 4:30 pm thru (30min. to ind. race)

Register online at [www.seashorestriders.com](http://www.seashorestriders.com) \* \* TECH T'S TO THE FIRST 600 TO REGISTER \* \*

Release of Liability I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including cold, high heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release: The Seashore Strider Event Production, Inc, Milton Wesleyan Church, The Town of Milton, The Milton Police Department and all sponsors, their representatives and successors from claims arising from my participation in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver.

Participant \_\_\_\_\_ Age \_\_\_\_\_ Which # race to run \_\_\_\_\_

Official use only	BIB
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Signature \_\_\_\_\_ (or guardian if under 18) \_\_\_\_\_

Address: \_\_\_\_\_

T-shirt (circle): YL SM Med LG XL

City/State/Zip: \_\_\_\_\_

Payment (circle): cash, or check number: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_



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