

2nd Annual

Milton Mile

Get your mile on.....
with a series of 1-mile races
When's the last time you ran a mile for time?

to benefit
Milton Wesleyan
Children and Youth Ministries

1 Corinthians 9:24

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Friday May 24, 2013

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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) 6:00 pm - Teens (13-19 year olds)
- 3) 6:15 pm - Open Mile (ages 20-39)
- 4) 6:30 pm - Mens Masters (ages 40-49)
Senior Masters (ages 50+)
- 5) 6:50 pm - Women's masters (ages 40-49)
Senior masters (50+)

All start times
based on
finish of previous race



Awards - Top 3 to many age-group winners and all Wee's & Wheels win participant certificates
Special Award to overall winner Men's & Women's fastest times

If you are part of a youth group or organization and would like to use The Milton Mile as part of your fund-raising, please give us a call - you keep all money collected for your organization.
call (302) 644-8701 for information

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 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

Union Street - Milton

Bay Avenue

Atlantic Avenue

Course
Finish

Course
Start

\$ 20.00 pre-registration fee through Monday, May 20, 2013

\$ 25.00 race day registration from 4:30 pm thru (30min. to ind. race)

Register online at www.seashorestriders.com ** TECH T'S TO THE FIRST 500 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, waiver 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: _____

SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.

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www.3026448701.com

FUN FIT VIBE
POWER PLATE

302-249-8000