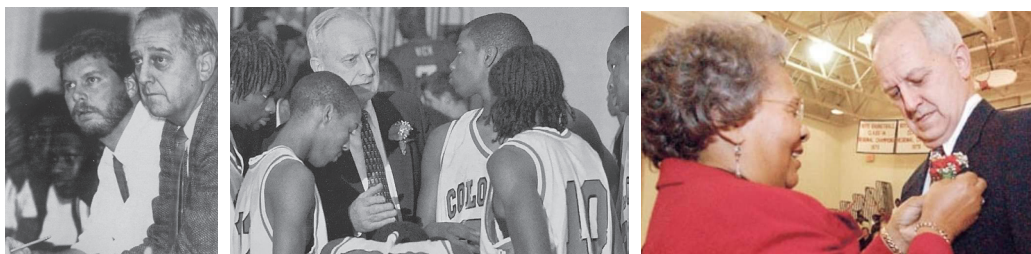


Inaugural

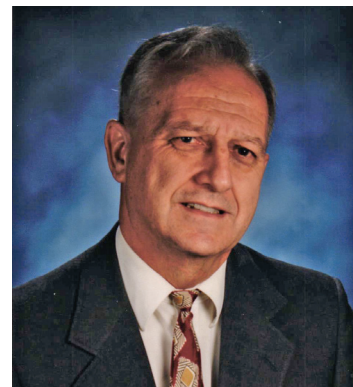
Merrill Morgan
Memorial
5K
 Benefiting Parkinson's

Saturday | April 1, 2023 | 9 a.m.
Colonel Richardson High School



Join the Seashore Striders for a 5k Run & a 1 mile walk as we honor longtime Colonel Richardson High School Coach Merrill Morgan. The former boys' head basketball coach, Morgan, had 505 career victories, earned 485 of those over his 38 seasons at Colonel. He led Colonel to the state finals in 1976, and reached the state semifinals in 1973, 1976, 1990 and 1995.

In the fall of 1967 he joined Caroline County's Colonel Richardson High School where he served as a guidance counselor from 1967-2004; varsity boys' basketball coach from 1967-2005; and assistant girl's track coach in the 1970s. He excelled in all positions, as he encouraged and assisted both athletes and non-athletes, boys, and girls, to be the best they could be. He said he wanted to be remembered for "always being fair."



RACE TIMING: Seashore Strider Event Production will chip time the event using the Chronotrack chip timing system.

RACE AMENITIES: Long sleeve race shirts, medals to age group winners and light refreshments.

AWARDS: Overall male and female, Masters, plus top 3 in 10 year age groups 13 under to 70 over. Top 3 male & female walkers will receive medals.

ENTRY INFO: Make checks payable to "Seashore Striders" if using the Universal Entry Form

RACE DIRECTOR: Tim Bamforth, Seashore Striders/Seashore Strider Event Production, Inc. tim@seashorestrider.com

↓ VIEW COURSE HERE!



A loop 5k course on the country roads of Federalsburg, MD.

5K RACE ENTRY FEE:

\$25 "EARLY BIRD" registration (till MARCH 26 at midnight)

\$30 "RACE WEEK" registration (till MARCH 31 at 10 pm)

\$35 "RACE DAY" registration 8-8:50 at CRHS Race Start

1-MILE FUN WALK ENTRY FEE:

\$20 "EARLY BIRD" registration (till MARCH 26 at midnight)

\$25 "RACE WEEK" registration (till MARCH 31 at 10 pm)

\$30 "RACE DAY" registration 8-8:50 at CRHS Race Start

STUDENT FEE 5K OR 1 MILE FUN WALK ENTRY FEE:

Must be a current MS or HS Student

\$20 registration (till MARCH 31 at 10 pm)

REGISTER HERE! →

