

RUN FOR THE ARTS!

3rd Annual 5K Run
& 1 Mile Fun Walk

GOING VIRTUAL IN 2020!

RUN: 12:01AM Oct.31 – midnight Nov.1

REGISTRATION: \$25 register by 12pm 10/25 • \$30 after 10/25

AWARDS: Overall & Master Champions; Top 3 finishers in each age group: 9 & under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

Race shirts to all pre-registered participants (limited availability)

Produced by: Seashore Striders

REGISTER ONLINE at www.seashorestriders.com by 12pm 10/25/20. One application required per participant. ***If you are unable to register online, mail this form along with your check to:*** Seashore Striders, Run for the Arts, POB 99, Nassau, DE 19969.

Event: Mispillion Art League Run for the Arts

Name _____ DOB _____ Age _____ Gender M F

Address _____

Phone _____ Email _____

COST: (\$25/person by 10/25; \$30/person after 10/25) 5K Run 1 Mile Walk

Tech Unisex Shirt: YL SM MD LG XL **Tech Women's:** SM MD LG XL

WAIVER: I know that competing in a 5K Run/Walk can be a hazardous activity. I ***should not*** enter unless I am medically able and properly trained. Having read this waiver, I, for myself and anyone acting on my behalf, waive Seashore Striders, the Mispillion Art League, Seashore Strider Event Production, Inc., the City of Milford, and all sponsors from all claims and liabilities resulting in my participation in this event.

Signature _____ Date _____

Parent (if under 18) _____ Date _____

Emergency Contact & Phone _____

Official Use ONLY

BIB #

Professional Sleepwalker?!

Stay in bed & make a contribution to a great organization – the Mispillion Art League \$ _____

For race information contact:

Director Tim Bamforth at tim@seashorestrider.com

Mispillion Art League at mispillionarts@gmail.com

PROCEEDS BENEFIT THE

 **Mispillion Art League**

This organization is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with The National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com.