

Milford Trick or Trot 5K Run/Walk

Registration

Saturday, October 29th at Lisman Landing

To Benefit The Beth-El Center of Milford



The Beth-El Center is a recognized leader in caring for and meeting the needs of the hungry and homeless and strives to prevent and end homelessness. It serves individuals and families by providing temporary shelter and feeds up to 75 persons daily in the soup kitchen

Join Us For A Worthy Cause

- Registration begins at 7:30 a.m. at Lisman Landing, Milford, CT
- Race begins at 9:00 a.m.
- Wear your favorite Halloween costume, form a team
- Best costume prizes - individual, group and pet
- Music by the Elwoods
- Awards to 1st, 2nd and 3rd place winners by age group
- In the event of high COVID-19 community transmission the event will go virtual
- Questions? Send an email to info@milfordtrickortrot.com

Registration

- \$33 for the first 150 registrants, \$36 after... fee receives a race number and t-shirt
- Youth Pricing: \$25 for participants 18 and younger
- Please make checks payable to 'Milford Trick or Trot'
- To register, please fill in the form below and mail to:
Milford Trick or Trot
1 New Haven Ave. Suite 100
Milford, CT 06460
- Or register online at www.milfordtrickortrot.com

All participants are asked to bring a non-perishable food item as a donation to The Beth-El Center.

11th Annual Milford Trick or Trot 5K Run/Walk Registration Form

Full Name: _____

Address: _____ City, State Zip: _____

Email: _____ Phone Number: _____

Male: ☐ Female: ☐ Age: _____ Shirt Size: S ☐ M ☐ L ☐ XL ☐ XXL ☐

Release: I know that participating in this fitness event is a potentially hazardous activity. I will not enter and compete unless I am medically able and properly trained. I assume all risks with participating in this event, including but not limited to falls, contact with other participants effects of the weather including high heat, humidity, traffic and the conditions of the course. I legally waive and release any and all rights and claims for damages I may have against Beth-El and their representatives, successors, assigns and sponsors for any and all injuries suffered by me at the event. I also grant permission of photographs, video footage and other record of this event for legitimate purposes. I know that dogs, bicycles, and inline skates are not allowed on the course. Participants under the age of 18 require signature of parent or guardian. It is illegal to give your bib to anyone else. Only the registered person can use this bib. Transferring a bib will result in disqualification for both parties and will void all waiver language and insurance claims.

Signature: _____ Date: _____

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