

5th Annual



# MILFORD 5K Trick or Trot Run/Walk



Saturday,  
October 29,  
2016



## 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. To learn more, visit [www.bethelmilford.org](http://www.bethelmilford.org).



### Join us for a Worthy Cause

- ◆ Registration begins at 7:30 a.m. at Lisman Landing, Milford, CT
- ◆ Kids FUN RUN Begins at 8:45 a.m.
- ◆ Race Begins at 9:00 a.m.
- ◆ Wear your favorite Halloween costume, form a team
- ◆ Best costume prizes
- ◆ Breakfast after the race
- ◆ Music by the Elwoods
- ◆ Awards to 1st, 2nd and 3rd place male and female winners by age group
- ◆ Questions? Send an e-mail to [info@milfordtrickortrot.com](mailto:info@milfordtrickortrot.com)



### Registration

- ◆ \$25.00 pre-registration fee receives a race number and t-shirt. \$30.00 fee for same day registration.
- ◆ Please make checks payable to "Milford Trick or Trot".
- ◆ To register, please fill in the form below and mail to:  
Milford Trick or Trot  
P.O. Box 427  
Milford, CT 06460.
- ◆ Or Register online at [www.milfordtrickortrot.com](http://www.milfordtrickortrot.com).



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**SIKORSKY**  
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## 5th Annual Milford Trick or Trot 5K Run/Walk - Registration Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

Age on race day

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 this 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.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

MTotT 2016