

9th Annual



# MILFORD Virtual 5K Trick or Trot Run/Walk

Saturday,  
October 31,  
2020

## 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).



### We Are Going Virtual!

- ◆ Warm up with Virtual Yoga on 10/31 at 9:00 a.m.
- ◆ Run/Walk at your leisure, where you want, anytime between 10/31-11/2
- ◆ Participate in Virtual Trivia anytime between 10/21-11/2
- ◆ Take photos of your costume using the hashtag #MilfordTrickorTrot
- ◆ Prizes awarded for best costume and trivia
- ◆ Music by the Elwoods
- ◆ Awards to 1st, 2nd and 3rd place winners by age group



### Registration

- ◆ \$27.00 pre-registration fee receives a race number and t-shirt.
- ◆ **New Youth Pricing:** \$20.00 for participants 18 and younger.
- ◆ \$35.00 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  
1 New Haven Ave, Suite 100  
Milford, CT 06460
- ◆ Or register online at [www.milfordtrickortrot.com](http://www.milfordtrickortrot.com)



Questions? Send an e-mail to [info@milfordtrickortrot.com](mailto:info@milfordtrickortrot.com)

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## 9th 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 \_\_\_\_\_