



37th Delaware Distance Classic 15k and Delaware Nature Society 5K Run & Walk



Sunday, October 13, 2019 at 9:00 a.m.
DuPont Environmental Education Center
1400 Delmarva Lane, Wilmington, DE

- Event** 2019 Mid-Atlantic USATF 15K Championship and a Mid-Atlantic Grand Prix Event. Sanctioned by the Road Runners Clubs of America (RRCA).
- Sponsors** See website.
- Field** 15K limited to 500 runners. No limit for 5K.
- Awards** 15K: Male & Female Open: **\$150, \$100, \$50**; M & F Masters **\$75**. 5 Year Age Groups (3 deep)
- Course** Flat and fast certified 15K course and 5K course out and back from the DEEC along the Jack A Markell trail.
- Amenities** Shirt guaranteed to the first 400 registered participants. Timing by Races2Run & Nova Timing.
- Benefits** The Nemours Foundation, other local charities, DNS and the Pike Creek Valley Running Club. As an affiliate member of the Road Runners Clubs of America, PCVRC is a 501(c)3 non-profit organization!
- Register** You may register online and/or download this entry form at www.DDC15K.org.
- Location** Wilmington Riverfront at DuPont Environmental Education Center.
- Questions** Email us at run@PCVRC.com Volunteers always welcomed! Stay for the DEEC 10 Year Celebration!
- Host Club** Pike Creek Valley Running Club was established in 1982 to promote the sport of running; a fun and healthy activity for people of all ages & abilities! Please join PCVRC and support Running in Delaware.

Print Name: _____ **Phone Number:** (____) _____

Address: _____
City State Zip

Email _____

Date of Birth: _____ **Sex:** Male Female **T-shirt Size:** XS Small Medium Large XL XXL

USATF Member #: _____

Cost: ___ 15K \$40.00 (thru Aug 31); ___ \$45.00 (Sep 1-30); ___ \$50.00 (Oct 1-6) ___ \$55.00 (race day)
___ 5K \$15.00 (thru Aug 31); ___ \$20.00 (Sep 1-30); ___ \$25.00 (Oct 1-6) ___ \$30.00 (race day)

Charitable Donation (Nemours) \$ _____ **Join the PCVRC \$ 25.00 (optional)** **Total Enclosed \$** _____

RELEASE FORM: In consideration of this entry being accepted, I intend to be legally bound, hereby for myself, my heirs, my executors, and/or administrators, waive and release any and all rights I may have against the organizations holding this event, their agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me at said event. No bicycles, roller skates, baby joggers, headsets or dogs. Unofficial runners are not permitted to participate.

Signature: _____ **Date:** _____ **This is my first DDC15K/5K** _____