



34th Delaware Distance Classic 15k + 5K Run / Walk



Sunday, October 9, 2016 at 9:00 a.m.
GREAT LOCATION! Delaware City, Delaware!
(Only 20 minutes from Wilmington!)

- Event** **The 2016 Mid-Atlantic USATF 15K Championship** and a Mid-Atlantic Grand Prix Event. Sanctioned by the Road Runners Club of America (RRCA).
- Sponsors** **New Balance Brandywine & Christiana; Wilmington Trust Company; M&T Bank**
- Awards** 15K: Male & Female Open: **\$150, \$100, \$50**; M & F Masters **\$75**. 5 Year Age Groups (3 deep)
- Course** Flat and fast course from Delaware City out to St. Georges and back. Details on website
- Amenities** **New Balance** long sleeve technical running shirts to the first **400** registered participants in 15K. Post-race party at Crabby Dick's restaurant with food, refreshments, & DJ Music.

Chip Timing by NOVA Timing. Results will be posted online at www.DDC15K.org & www.races2run.com
- Benefits** Local Delaware City charities, as well as Pike Creek Valley Running Club. Our club is an affiliate member of the RRCA. Through the RRCA, we are a 501(c)3 non-profit organization.
- Register** You may register online or download this entry form at www.DDC15K.org.
- Directions** Delaware Route 1 to Rte 72/Rte 9 to Delaware City. Left to foot of Clinton Street at Battery Park!
- Questions** Email us at run@PCVRC.com Volunteers needed! You may picnic in Battery Park.
- Host Club** **Pike Creek Valley Running Club** was established in 1982. Our mission is 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:** **Gender Specific for 15K.** Small Medium Large **Unisex for 5K.** X-Large XXL

USATF Member #: _____

Cost: ___ **15K \$35.00** entry: (postmarked by Sept. 9) ___ **15K \$40.00** entry fee: (postmarked on/after Sept. 9)
 ___ **5K \$25.00** entry: (postmarked by Sept. 9) ___ **5K \$30.00** entry fee: (postmarked on/after Sept. 9)

Charitable Donation \$ _____ **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** _____