

34th Annual Delaware Open Cross Country Championships

Saturday, November 24, 2018



Brought to you by:
 Delaware Running Club
www.delawarerunningclub.org
 Delaware Sports Club and
 Road Runners Club of America



- 5K Cross Country Course and 1.1 mile kids race
- Brandywine Creek State Park, Wilmington, DE

• Proceeds benefit Delaware Open Cross Country Scholarship Fund.

Two \$2,000 college scholarships will be awarded to two deserving high school runners (one boy, one girl)

RACE INFO

For more information, results, and to register on-line, visit www.delawarerunningclub.org

- All races start and finish at Brandywine Creek State Park in Wilmington.*
- Race-day registration and packet pick-up will be at the picnic table pavilion by the main parking lot.
- Open team competition.
- 10:00 a.m. Kids 1.1 mile Race
- 10:30 a.m. Women's Open and Masters 5k
- 11:00 a.m. Men's Masters 5k
- 11:30 a.m. Men's Open 5k
- Part of the USATF Off-Road Running Series

*BCSP charges \$4 in-state/\$8 out per car entry fee

AMENITIES

- Long-sleeve T-shirts to the first 300 entrants.
- Numerous merchandise door prizes, including Bulova watches, athletic wear, and much more.

AWARDS

Cash prizes totaling over \$2,000 will be awarded to:

- Overall Male and Female Open \$200
- Top Male & Female Finishers by Division (cash award)
- Top 5 Boys and Top 5 Girls 13-17 (gift certificates)
- Top 15 Boys and Top 15 Girls in kids' race (trophies)



SPONSORS



Alfieri Cardiology
 Delaware Real Estate Settlements
 Lafferty Family
 Whitten's Fine Jewelry

REGISTRATION

Complete this registration form and mail with your registration fee (payable to Delaware Sports Club) to Jim Walsh, 119 Drummond Drive, Wilmington, DE 19808

Checks only, payable to Delaware Sports Club:

- \$20.00 Individual by 11/20/2017
- \$25.00 Individual after 11/20/2017
- \$ 5.00 Kids 12 and under (No T-shirt)

For more information, or to sponsor next year's race, contact Jim Walsh at (302) 892-2829.

Please print:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Male Female

Age on Day of Race _____ T-shirt: S M L XL

Release: In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, my executors, administrator, 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 race.

Signature: _____