Spartan Tradition

Girls 2009 Indoor Champs
Boys 2011 Outdoor Champs

Runners up
Boys Outdoor 2009
Boys Outdoor 2010
Girls indoor 2010
Girls Indoor 2012
Girls Outdoor 2010

Recent individual Champs
2012 MOC 1600m Courtney Hawkins
2012 D2 3000m Courtney Hawkins
2011 Cross Country MOC Courtney Hawkins
2011 100m & LJ Max Goudreau
2011 High Jump Parker Lyttle
2011 400m Dina Pitsas
2011 3200m Courtney Hawkins
2011 55m Max Goudreau
2011 High Jump Parker Lyttle
2011 1500m Courtney Hawkins
2011 4x800 Relay Dina Pitsas, Cassie Sebas, Cassie Wright, Courtney Hawkins

3rd Annual Turkey Chase 5K
Milford, NH

Catch Me… IF You Can!

Great time of year to visit the scenic New England Town of Milford, NH!

Challenging Hilly course perfect for running or walking.

Prize Money for 1st Male and Female

To benefit the Milford High School Indoor and Outdoor Track Teams

Contact Information:
Mike Wright, MHS Track Coach
58 Elm Street
Milford, NH 03055
603-661-8180
MMSCoachWright@comcast.net

4th Annual Turkey Chase 5K
Milford, NH

Sunday, November 18, 2012
10am Start

- Where: Start line is at the Milford Middle School
  33 Osgood St, Milford 03055
- Fee: $20.00 per Adult Runner or Walker
- Prizes: Home Made Pies to Age Group Winners
  Turkeys for those who catch him!!
- Age Groups: 14 & under, 15-19
  Then by decades: 20-29, 30-39,
  40-49, 50-59...
- Come Join us for a fun, family-friendly Morning
- Support a great Track program
- Hilly Course…Exciting Race
- Scenic Small Town Atmosphere

Looking to Help out or Sponsor this event?
Call or Email Coach Wright
(603)661-8180
MMSCoachWright@Comcast.Net

You can also register @
https://g2racereg.webconnex.com/TurkeyChase

Please Complete form and return to:

Milford High Track
c/o Coach Mike Wright
58 Elm Street, Milford, NH 03055

NAME:_____ Age:_____

Address:_____DOB_____

City: _____State:____ Zip: _____

Phone: _____ EMail:_____

Make Checks Payable to: Milford High School Track

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, race directors and any individual associated with this event and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to participate and compete in this event. I hereby grant full permission to use my likeness in any and of the subsequent media releases of this event for legitimate purposes.

Signature:_____
(Must be signed by Guardian of under 18)

Emergency Contact:_____