



3rd annual
Race for the Ribbon
In Memory of Nancy L. Hendershot

5K - 10K - 1 Mile Walk

WHEN: SATURDAY, JUNE 5, 2010 7:30 am (rain or shine)

WHERE: Cape Henlopen High School 1270 Kings Highway Lewes, DE 19958

REGISTRATION: \$15.00 5k and walk pre-reg. fee through June 3rd & \$20.00 5k and walk race day fee
 \$20.00 10k pre-reg. fee through June 3rd & \$25.00 10k race day fee
 Race day registration will be from 6:30 am - 7:25 am

AWARDS: Presented to the male/female overall & master champions, as well as the top three(3) finishers in 14 5k age groups from 9 & under to 70 & over and 8 10k age groups from 13 & U to 70 & O. Clydesdale/Filly Division

AMENITIES: T-Shirts guaranteed to the first 150 registered. Timing and finish line by Seashore Strider Event Production, Inc. scenic courses through historic Lewes and country Lewes.

RACE DIRECTOR: Tim Bamforth - Seashore Striders 302-644-8952
 runningandracing@seashorestrider.com www.seashorestriders.com

MAIL APP TO: Mail entry/payment to: "Seashore Striders/Race For the Ribbon 5k/10k"
 P.O. Box 99; Nassau, DE 19969
 Checks Payable to: "Seashore Strider Event Production, Inc."

-----TEAR HERE -----TEAR HERE -----

Event: 3rd Annual Race for the Ribbon ~ In memory of Nancy L. Henderson

Name: _____ **Age:** ____ **Gender:** ____ Male ____ Female

Address: _____ **T-shirt:** ____ YMD, ____ YLG, ____ SM, ____ MD, ____ LG, ____ XL.
 _____ **Event** ____ 1Mile walk, ____ Open 5K, ____ 5K Clyde/Filly, ____ 10K.

Phone: _____ **Payment:** _____ cash, or _____ check (incl. nu): _____

E-Mail: _____ **Check one:** 5K & 1M: pre (through 6/3): ____ \$15 day: ____ \$20
 I can't run/walk but will donate: _____ 10K run: pre (through 6/3): ____ \$20 day: ____ \$25

Release of Liability

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including cold, high heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waiver and release: Seashore Strider Event Production, Inc., Cape Henlopen School District, The City of Lewes, The State of Delaware and all sponsors, their representatives and successors from claims arising from my participation in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____ **Official use only, BIB:**

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Parent Signature (under 18): _____ **Date:** _____

