

# 5k Dash



## Registration Fees

- \$15 for Pre-Registered Runners by June 4, 2010
- \$20 for Race-Day Registration

Runners register today! Go to:  
www.seashorestriders.com

\*\*5k Dash part of the Seashore Striders Championship Racing Series\*\*

There is no fee for fundraising walkers.

## Race Awards!

Medals given to the following runners:

**Overall Champion**

**Master Champion**

**Top three finishers in following age groups:**

9 & U, 10-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & O

# Directions

**Directions to Grove Park:** From Rt. 1 South (toward Dover & Milford) follow signs toward Shore Points. Once into Rehoboth Beach area, make a left exit onto Rt. 1A toward Rehoboth Beach. Continue on 1A(Rehoboth Ave) cross drawbridge and take a left into entrance to the Chamber of Commerce. Grove Park is behind the Chamber. You may park in the lot or on the street.

# Special Thanks!



National Corporate Partners:



Local Sponsors:



A.I. DuPont Hospital for Children  
Children's Hospital of Philadelphia  
Hospital of University of Pennsylvania  
St. Christopher's Hospital for Children  
Drexel University College of Medicine at Hahnemann

...to the corporate sponsors and donors who so generously underwrite this event and give gifts of service and products to make the date enjoyable for all.

...to the members of the GREAT STRIDES Committee who have given many hours of their time and talent to plan and ensure success of GREAT STRIDES.

...to the volunteers who provide their valuable time to make GREAT STRIDES a fun and safe experience.

...to the walkers and runners who participate and show their special concern for our precious children and adults who live daily with cystic fibrosis and all its consequences.

**Your efforts will help support the research to find a cure and allow us to add tomorrows every day for people with CF.**



2010



## Rehoboth Beach Great Strides 5k Dash & Walk

~5k Dash part of the Seashore Striders Championship Racing Series

Date: 06/06/2010  
Check-In: 7:00AM  
Start: 7:30AM  
Grove Park Pavilion  
Rehoboth Beach, Delaware

### FOR MORE INFORMATION:

Delaware Valley Chapter  
2004 Sprout Road, Suite 208  
Broomall, PA 19008

(610) 325-6001  
(610) 325-6588 Fax  
rclarke@cff.org



| Adding tomorrows every day.

Please support the CF Foundation by using the CF Services Pharmacy for all your medication needs.  
[www.CFServicesPharmacy.com](http://www.CFServicesPharmacy.com)



| Adding tomorrows every day.

# Step Forward.



## Join Great Strides

Walk with a team of co-workers, friends or family members or Run the 5k Dash!

### Register Today!

**Walkers:** <http://greatstrides.cff.org>

**Runners:** [www.seashorestriders.com](http://www.seashorestriders.com)  
or call (610) 325-6001

## Raise Funds

The average participant raises more than \$350. Set your fundraising goal and ask everyone you know to help you reach it. Online fundraising is fast and effective—simply email everyone you know and ask for their support.

## Raise Money to Support CF Research and Earn Prizes

Each pre-registered participant is guaranteed an official Great Strides T-shirt. You can earn one additional prize based on the total amount you turn in. The top 15 fundraisers will receive round-trip, coach-class air transportation for two on American Airlines/American Eagle. Travel courtesy of American Airlines, Outstanding Corporate Partner of the CF Foundation.

Raise	Earn
\$10,000	Dell Inspiron Mini 10 Laptop (1-EL110)
\$5,000	Magellan GPS System (1-EL112)
\$2500	10.0 Canon Digital Camera (1-EL360)
\$1000	Sony Noise Cancelling Headphones (1-EL115) or Great Strides Cooler w/Radio iPod Connection (1-EL418)
\$500	Great Strides OGIO Backpack (1-EL233) or Great Strides Fleece Pullover (Large 1-FL130, Medium 1-FL140, Youth Large 1-FL160)
\$250	Great Strides Baseball Cap (1-HAT02) or Great Strides USB Flash Drive (1-EL333)

Prizes will be delivered within 6-8 weeks of ordering. An item of equal value may be substituted if the prize is unavailable.

WHEN TURNING IN MONEY AT EVENT, PLEASE INCLUDE THIS BROCHURE.  
ADDITIONAL PRIZE INFO AVAILABLE AT [HTTP://GREATSTRIDES.CFF.ORG](http://GREATSTRIDES.CFF.ORG)

## The CF Foundation is Making a Difference!

•Cystic Fibrosis is a life-threatening genetic disease that affects the lungs and digestive system.

•About 1 in 31 Americans is a symptomless carrier of the defective CF gene.

•Virtually every approved CF drug available today was made possible because of Foundation support

•Thanks to research and care supported by the CF Foundation, the median predicted age of survival is now 37 years.

•The CF Foundation is one of the most efficient organizations of its kind and an accredited charity of the Better Business Bureau's Wise Giving Alliance.



The Cystic Fibrosis Foundation meets extensive standards of America's most experienced charity evaluator.

TO LEARN MORE ABOUT CYSTIC FIBROSIS AND THE CF FOUNDATION, VISIT [WWW.CFF.ORG](http://WWW.CFF.ORG) TODAY.



**B. CEPACIA POLICY:** Because of risks to people with cystic fibrosis (CF), individuals with a confirmed positive sputum culture for *Burkholderia cepacia* complex **shall not attend** this event. This is because *B. cepacia* can be passed between individuals who have CF through close proximity. *B. cepacia* infection in a person with CF can cause serious respiratory illness and, in some patients, may lead to death. Despite this policy, there might still be some individuals with *B. cepacia* in attendance. *B. cepacia* is not a risk for otherwise healthy individuals. For alternative ways to participate and for information about this policy, please contact the CF Foundation at (800) FIGHT-CF or visit our Web site at [www.cff.org](http://www.cff.org). Consult your CF care center physician with medical questions. **This is a non-smoking event.**

## SPONSOR FORM AND REGISTRATION INFO

First Name		Last Name	
Walk Site		Date	
Address			
City		State	Zip
Phone		Email	
Team Name			T-shirt Size
<b>For Runners Only</b>	<b>Age on Race Day:</b>	<b>Sex: M or F</b>	

Waiver: I hereby for myself, my heirs and personal representatives assume any and all risks which might be associated with the event and I further waive, release and discharge sponsors, officials, organizers, volunteers and beneficiaries or their successors and assigns for any and all injuries or damages of any kind suffered by me as a result of taking part in the event. I attest that I am physically fit and prepared for this event. I grant full permission for

Participant's Signature or Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

NAME	AMOUNT
EXAMPLE: JOE SMITH	\$50
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

Total Enclosed

Please indicate prize number you are eligible to receive  
(see prize structure for code): \_\_\_\_\_

Pledgemaker ID#	Total Verified: \$
Verified BY:	Tally: