



Event Information DFRC Blue-Gold All★Star 5 Kilometer Run
 - Seashore Striders Championship Event
 DFRC Blue-Gold All★Star 1 Mile Walk
 - A family-friendly event open to participants

Event Date Saturday, June 12, 2010 - 8:00 AM (Rain or Shine)

Location Irish Eyes Restaurant, 213 Anglers Road, Lewes, Delaware

Registration Information **Online:** www.dfrcfoundation.org/run **By mail:** use form at right
Fees: Early Registration (through June 10) - \$15 per participant
 Registration (after June 10) - \$20 per participant
 Day of Event Registration (June 12) open from 6:30 to 7:55 AM

Pre-Race Packet Pick-up: Friday, June 11, 5 to 8 PM at Irish Eyes in Lewes

Amenities Event T-Shirts—Post Race Entertainment
 Water Stops provided by Pine Mountain Springs
 Timing and Finish Line by Seashore Striders/Masser Systems
 Post-race refreshments provided by Irish Eyes Restaurant

Awards Awards presented to Overall and Masters Champions
 Awards also presented to the top three finishers in each age group

GET INVOLVED!

For information on volunteering or sponsorship opportunities. contact Ed Osienki at (302) 292-8903 or the DFRC office at (302) 454-2730.

2010 EVENT SUPPORTERS



2010 EVENT PARTNERS



Lower Delaware Autism Foundation
 LDAF Race for Autism—
www.ldaf.org/events

Down Syndrome Association Delaware
 Rehoboth Beach Boardwalk Buddy Walk
www.boardwalkbuddywalk.com



You may register online at www.dfrcfoundation.org/run or mail in this form—keep a copy for your records

2010 EVENT REGISTRATION FORM — Check One 5K Run 1 Mile Walk

Race Coordinator: Seashore Striders Race Productions—Tim Bamforth—For Info Call (302) 644-8952

Name: _____ Age _____ Sex M F

Address: _____ Shirt Size S M D L G X L X L

City/Town: _____ State: _____ Zip: _____ Phone (_____) _____

Email: _____
 RELEASE OF LIABILITY: Having read this waiver, I for myself and anyone entitled to act on my behalf, waiver and release DFRC, Inc., Seashore Striders, Masser Systems, The Town of Lewes, DE and all sponsors from any claim arising from my participation in this event. DFRC retains all rights to all photographic and electronic recordings of this event and surrounding activities. This is a rain or shine event and registration fees are not refundable.

Signature of Participant _____ Date _____ / _____ / _____
 or Responsible Party _____
 FOR REGISTRATION BY MAIL—Make check payable to Blue-Gold All★Star 5K—Registration \$15 (after June 10, 2010—\$20)
 Make a copy of this form for your records, then mail the original to Blue-Gold 5K, PO Box 99, Nassau, DE 19969-0099



**On Saturday, June 12, 2010 -
Join us at
Irish Eyes on Anglers Road
in Lewes for this fun and
family friendly event!**



DFRC is a well-respected foundation dedicated to raising funds and consciousness through quality events to support enrichment programs so that all Delawareans with intellectual disabilities maximize their potential, independence and enjoyment of life.

2010 DFRC Events Calendar

- March 27 Sussex Auction
Saturday Clubhouse at Baywood Greens
 Long Neck

- June 7 New Castle County Golf Classic
Monday Delaware National Golf Course
 Wilmington

- June 10 Sussex County Golf Classic
Thursday The Peninsula Golf Club
 Millsboro

- June 12 Blue-Gold All Star Run/Walk
Saturday Irish Eyes, Anglers Road
 Lewes

- June 14 Kent County Golf Classic
Monday Maple Dale Country Club
 Dover

- June 16 Blue-Gold All Star Football Game
Wednesday Scrimmages

- June 19 55th Annual DFRC Blue-Gold
Saturday All Star Football Game
 Delaware Stadium, Newark

- Fall 2010 Holidazzle 2010

Make a gift to DFRC or
get event information on the web:
www.dfrcfoundation.org

**The mission of DFRC is to enrich
the lives of Delawareans with
intellectual disabilities.**