



DFRC Blue-Gold All★Star 5K Run/1 Mile Walk Saturday, June 12, 2010

Join us at
Irish Eyes on Anglers Road in Lewes
for this fun and family-friendly event!

**2010 EVENT
SUPPORTERS**



**2010 EVENT
PARTNERS**



Event Information DFRC Blue-Gold All★Star 5 Kilometer Run—*A Seashore Striders Championship Event*
DFRC Blue-Gold All★Star 1 Mile Walk - *An event for participants of all abilities*

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 bottom

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

Blue-Gold Hand-In-Hand Buddies can participate FREE!

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



Amenities Event T-Shirts—Post Event 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.

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

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

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

Name: _____ Age _____ Sex M F

Address: _____ Shirt Size SM MD LG XL XXL

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

Email: _____

School/Club: _____ Are You a 2010 Blue-Gold Participant YES / NO

RELEASE OF LIABILITY: Having read this waiver, I for myself and anyone entitled to act on my behalf, waive 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

or Responsible Party _____ Date ____/____/____

FOR REGISTRATION BY MAIL—Make a copy of this form for your records, then mail this form with a check payable to Blue-Gold All★Star 5K—Registration \$15 (after June 10—\$20) to Blue-Gold 5K, PO Box 99, Nassau, DE 19969-0099