

# EIGHTH ANNUAL ALPHA DELTA 5K RUN/WALK

5K RUN/WALK AND 1 MILE WALK

**2008**

- WHEN: Saturday, September 27, 2008 – 9:00am (Rain or Shine)
- WHERE: Lord Baltimore Elementary School, Route 26, Ocean View, Delaware
- DISTANCE: **Run** = 5K /3.1 miles **Walk** – 1 mile
- REGISTRATION: \$15.00 pre-registration fee through Saturday, September 20, 2007  
\$20.00 race day registration from 7:45 –8:45 at Lord Baltimore.
- AWARDS: Presented to the male/female overall and Master Champions as well as the top three finishers in the following age groups: 9 & under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, and 60 and over
- AMENITIES: T-shirts guaranteed to the first 75 registered, water stops and refreshments provided, timing and finish line by Seashore Striders Race Productions
- RACE COORDINATORS: Seashore Striders Race Productions - Tim Bamforth.
- FOR INFORMATION: Call 302-644-8952, email [runningandracing@seashorestrider.com](mailto:runningandracing@seashorestrider.com)  
or go to [www.seashorestriders.com](http://www.seashorestriders.com) or contact Karen Fabryka, 302-245-3810, [kfabryka@mchsi.com](mailto:kfabryka@mchsi.com)

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A RACE APPLICATION MUST BE COMPLETED FOR EVERY PARTICIPANT.

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_ M \_\_\_\_ F

Address: \_\_\_\_\_ City \_\_\_\_\_

State: \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_ T-shirt –Circle one SM MD LG XL

Check which Race: \_\_\_\_\_ 5K Run/Walk **OR** \_\_\_\_\_ 1 mile walk

Release of Liability

Having read this waiver, I, for myself and anyone entitled to act on my behalf, waiver and release Alpha Delta Chapter, Beta Sigma Phi, Lord Baltimore Elementary, The Seashore Striders, Indian River School District, The Town of Ocean View, and all sponsors from any claims arising from my participation in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: (UNDER 18) \_\_\_\_\_ DATE: \_\_\_\_\_

Make Checks Payable to: **Alpha Delta**



Mail form to: **Karen Fabryka, Alpha Delta 5K, P.O. Box 206, Ocean View, DE 19970**