



2nd Annual  
**Race for the Ribbon**

In Memory of Nancy L. Hendershot

**10K and 5K Run  
1 Mile Walk**

benefits the American Cancer Society

**Saturday, May 30, 2009**

7:30 a.m. (Rain or Shine)

Cape Henlopen High School  
Lewes, DE



**TEAM AWARDS**

ORGANIZE A TEAM OF CO-WORKERS, FRIENDS, FAMILY, OR  
NEIGHBORS AND RACE FOR THE CURE TOGETHER!

AWARDS FOR THE LARGEST AND MOST SPIRITED TEAMS!

**Prizes!** Awards and Refreshments **Music!**

Race Director: Tim Bamforth

For more information, go to [www.seashorestriders.com](http://www.seashorestriders.com)