

# SEASHORE STRIDERS



## 2010 6-PACK TRAIL SERIES AT CAPE HENLOPEN STATE PARK

6 events throughout the 2010 year all at beautiful Cape Henlopen State Park in Lewes & Rehoboth Beach.  
("Trails" consist of pavement, cinders, and dirt throughout the six events)

### Event Dates:

- Sunday, February 14 <sup>TH</sup>	Valentines Chase Couples 5k	Fishing Pier, CHSP- Lewes	10 a.m.
- Sunday, March 14 <sup>TH</sup>	Shamrock Shuffle 15k & 5k	Breakwater Junction Trail- Rehoboth	9 a.m.
- Sunday, March 28 <sup>TH</sup>	April Fools Adventure Run	Fishing Pier, CHSP- Lewes	10 a.m.
- Sunday, May 2 <sup>ND</sup>	DE-Feet Breast Cancer 5k Run	Breakwater Junction Trail- Rehoboth	9 a.m.
- Saturday, November 6 <sup>TH</sup>	Tails on the Trail 5k	Bathhouse Pavillion	9 a.m.
- Saturday, December 4 <sup>TH</sup>	Snowball 5k Run	Fishing Pier, CHSP- Lewes	10 a.m.

Rules & Regulations...Four(4) events qualify you for end of the year trail series awards; no separate application for the trail series; just fill out the regular application; trail series participants are encouraged to PRE-REGISTER.

\*\* Ed Dean 4 Miler on August 28<sup>th</sup> in Ocean View can be used as a back-up event in case you miss one of the above...

## Series Prizes

- Finish four (4) events = "A" gift pack...1 day free drop-in at Quest Fitness; custom 6x8 engraved award
- Finish five (5) events = "B" gift pack...1 week free drop-in at Quest Fitness; (\$6 off for every \$30 spent) gift at RBRC; a \$6 Turtle Buck by the Greene Turtle; custom 6x8 engraved award
- Finish all six (6) pack series = "C" gift pack...1 month free drop-in at Quest Fitness; 6-pack series pullover by Logomotive; \$6 off Rehoboth Car Wash; custom 6x8 engraved award

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