

**"SEVENTEENTH ANNUAL !!!!!"**

**THE 2010 SEASHORE STRIDER RACING SERIES PRESENTS:**

**MASSER**  
LEWES  
DELAWARE

**5 MILLER**

**PROCEEDS WILL BENEFIT THE SEASHORE STRIDER YOUTH PROGRAM**

*In Conjunction with the STRIDER KIDS "I Did It" Races which will be held for the kids 12 & U at 8:30 A.M.*

**The Masser 5 Miler is the Official 2010 USA C.F.R.F. United States Clydesdale 5 Mile State Championship.**

*Male 190+ lbs. and Female 150+ lbs.*

WHEN..... **Sunday; May 30th, 2010; 7:30 A.M. (Rain or Shine)**

WHERE ..... Lewes, Delaware... The start will be at Cape Henlopen High School. Course will wind through scenic Lewes before returning to finish at CHHS.

DISTANCE..... 5 miles  
**PART OF THE 2010 S.S.R.S CHAMPIONSHIP RACING SERIES**  
**"RUN YOUR QUALIFYING 5 MILER EARLY IN THE RACING SEASON"**

REGISTRATION ..... \$15.00 Pre-registration through Saturday, May 29... MAIL ENTRY EARLY!!!!!!  
\$20.00 Race Day Registration from 6:00-7:15 A.M.  
or register online at [www.active.com](http://www.active.com) before 5/27/10

AWARDS ..... Trophy Awards will be presented to the Overall Top Three (3) Male & Female Champions, Overall Male & Female Masters (40+ yrs.), as well as the top three (3) Male & Female finishers in the following age categories: 9 & under, 10-13, 14-19, 20-24, then 5-year age groups through 100+. Trophies will also be presented within various Clydesdale/Filly weight and age categories. No duplication of awards. You may run either within your age group or as a Clydesdale/Filly, but not both ways. Awards ceremony will be held at 9:00 A.M.

AMENITIES ..... Multi-colored quality T-shirt to all participants, Digital computer timing and Finish line produced by "Seashore Striders," Digital Display Clock, Post-Race awards ceremony, Refreshments & A RUNNING GOOD TIME. T-Shirts guaranteed to pre-registrants only.

RACE DIRECTORS..... Tim Bamforth, Seashore Strider Racing Series, and Dr. Lee Masser of Masser Systems, Inc.

**MASSER**  
SYSTEMS INCORPORATED

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\_\_\_\_\_ CHECK IF RUNNING AS A "CLYDESDALE"

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX: M F

ADDRESS \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE # \_\_\_\_\_ T-SHIRT: YL SM MD LG XLG XXL  
PLEASE CIRCLE

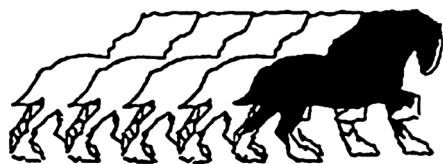
**RELEASE OF LIABILITY**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waiver and release Masser Systems Inc., Seashore Striders, the City of Lewes, the State of Delaware, Cape Henlopen High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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

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

MAKE CHECKS PAYABLE TO: SEASHORE STRIDER RACING SERIES OR "S.S.R.S."  
MAIL ENTRY FORMS TO:



**USA Clydesdale &  
Filly Racing Federation**

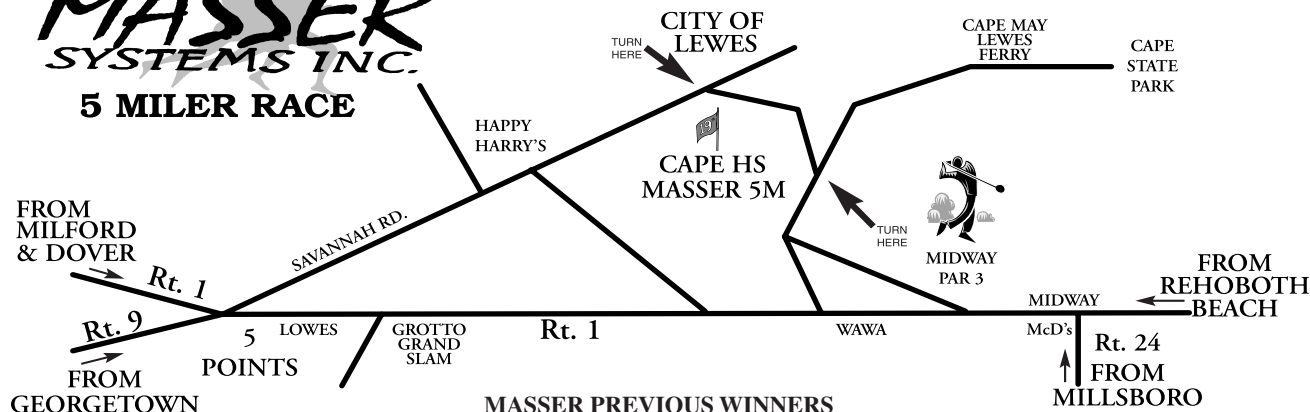
**SEASHORE STRIDER RACING SERIES**  
C/O: MASSER 5 MILER  
P.O. BOX 99  
NASSAU, DELAWARE 19969

**RACE HOTLINE: (302) 644-8952**  
[www.seashorestriders.com](http://www.seashorestriders.com)



# MASSER SYSTEMS INC.

## 5 MILER RACE



### MASSER PREVIOUS WINNERS

OVERALL			MASTERS		
2009	Lucas Messner	28:59.2	2009	Dan Macelrevey	31:12.2
	Cindy Conant	33:10.0		Margaret Colvin	37:27.2
2008	Enos Benbow	27:45.7	2008	Craig Hetrick	30:09.7
	Cindy Conant	32:42.6		Margaret Colvin	36:36.0
2007	Enos Benbow	27:56.4	2007	Dan DiFonzo	30:03.6
	Cindy Conant	33:09.1		Angela Swarm	39:39.7
2006	Chris Sheaffer	28:04.7	2006	Rich Oldrieve	30:59.5
	Emily Forrey	31:18.3		Jean Betz	38:21.8
2005	Mark Amway	26:54.7	2005	Rich Oldrieve	30:24.0
	Cindy Conant	32:27.6		Holly Scott	35:33.0
2004	Mike Monagle	25:51.0	2004	Andrew Shearer	28:47.4
	Cari Johnson	32:02.4		Cindy Conant	34:38.8
2003	Larry Levy	26:51.1	2003	Leslie Wright	30:15.7
	Cindy Conant	35:42.5		Karen Kolobielski	38:20.3
2002	Leslie Wright	28:45.1	2002	Reuben Beauchamp	29:40.5
	Dianna Golden	33:08.9		Chris Coffin	37:32.5
2001	Michael Wardian	26:53.9	2001	Reuben Beauchamp	28:50.4
	Diane Craven	34:57.2		Leslie Bartoshesky	37:29.9
2000	Matt Lindell	29:26.0	2000	Rick Poppleton	31:02.0
	Claire O'Brien	35:04.0		Leslie Bartoshesky	36:40.1
1999	Matthew Demlein	25:54.8	1999	Reuben Beauchamp	29:24.9
	Carillee Johnson	34:33.4		Leslie Bartoshesky	36:49.1
1998	Greg Cauller	26:36.0	1998	Reuben Beauchamp	28:23.0
	Vicki Boyer	30:25.7		Leslie Bartoshesky	37:01.1
1997	Greg Cauller	26:15.8	1997	Joe Link	28:15.1
	Vicki Boyer	32:52.3		Jeri Myers	37:23.1
1996	Leslie Wright	26:43.2	1996	Joe Link	28:19.2
	Bettina Haskell	32:43.2		Beverly Palmer	38:17.4
1995	Matt O'Neill	27:29.0	1995	Joe Link	28:31.0
	Kim Kruse-Langer	33:40.0		Sue Sherwood	39:08.1
1994	David Cabrera	27:58.6	1994	Joe Link	28:38.1
	Johanna Mansilla	33:16.7		Pauline Porter	42:09.7

MALE			MASSER TOP 10 RUNNERS			FEMALE		
1.	Mike Monagle	25:51	2004**Course Records**	1.	Vicki Boyer	30:25	1998	
2.	Matthew Demlein	25:54	1999	2.	Emily Forrey	31:18	2006	
3.	Greg Cauller	26:15	1997	3.	Cari Johnson	32:02	2004	
4.	Leslie Wright	26:43	1996	4.	Cindy Conant	32:27	2005	
5.	Larry Levy	26:51	2003	5.	Bettina Haskell	32:43	1996	
6.	Michael Wardian	26:53	2001	6.	Dianna Golden	33:08	2002	
7.	Mark Amway	26:54	2005	7.	Johanna Mansilla	33:16	1994	
8.	Jim Griffith	27:03	1996	8.	Kim Kruse-Langer	33:17	1996	
9.	Brian Davis	27:20	1996	9.	Cindy Price	33:27	1996	
10.	Donovan Anderson	27:26	1996	10.	Melissa Hexter	33:53	2009	

### MASSER AGE GROUP RECORDS

MALE			FEMALE		
Evan Mock	37:01	1997	Bethany Pavlik	40:10	1996
Jermaine Wilson	33:26	1995	Emily Forrey	31:18	2006
Donovan Anderson	27:26	1996	Melissa Hexter	33:53	2009
Matthew Demlein	25:54	1999	Cindy Price	33:27	1996
Michael Wardian	26:53	2001	Vicki Boyer	30:25	1998
Mike Monagle	25:51	2004	Kim Kruse-Langer	33:17	1996
Greg Cauller	26:15	1997	Bettina Haskell	32:43	1996
Mark Amway	26:54	2005	Cindy Conant	32:27	2005
Joe Link	28:15	1997	Cindy Conant	32:42	2008
Reuben Beauchamp	28:23	1998	Diane Kukich	34:13	2002
Reuben Beauchamp	29:40	2002	Priscila Prunella	40:06	2000
Francisco Sanches	33:56	2002	Priscila Prunella	38:59	2004
Rex Enos	39:16	1996	Marge Warshauer	48:33	2006
Mike Bertolini	39:14	1996	Jamie Wollard	56:26	2008
Edward Green	46:29	2008			
Raymond Gomez	31:21	2002	Karla Eisch	36:47	2002