


5th Annual Huffin' for Pumpkin Pie 5K Thanksgiving Run & 1 Mile Walk

3.1 MILE SCENIC COURSE ON THE NORTH SIDE OF REHOBOTH BEACH
(PREVIOUSLY THE RUN FOR THE ROSE 5K)

Rehoboth Beach, Delaware

- When: **Saturday, November 29th, 2014 beginning at 9:00 a.m.**
- Where: The Start, Finish, and Registration area will at the Grove Park in Rehoboth Beach.
- Produced By: Seashore Strider Event Production, Inc 
- To Benefit: Local Charities
- Registration: \$20 Pre-Registration -> Nov. 27th;
\$25 Race-Day Registration from 7:30 – 8:55 am
- Awards: Awards presented to the Overall & Master Champions, as well as to the top three finishers, in the following 16 age groups: 9 & U, 10-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79. 80 & O
- AMENITIES: TECH T-shirts guaranteed to all pre-registered participants, water stops and refreshments, timing and finish line by Seashore Striders Race Production. Limited quantity of women's cut shirts will be available for pre-reg. first come.

FOR RACE INFORMATION CALL DIRECTOR TIM BAMFORTH @ (302) 644-8952 or email tim@seashorestrider.com

Make checks payable and mail entry form to: **SEASHORE STRIDERS** Strider Hotline: (302) 644-8952
c/o Huffin' for Pumpkin Pie 5K/1M walk
Online registration at: www.active.com P.O. Box 99, Nassau, DE 19969

OFFICIAL ENTRY FORM, ONE PER PARTICIPANT (mail this bottom portion)

Event: Annual Huffin' for Pumpkin Pie 5K, Thanksgiving Run & 1 Mile Walk					
★ Name:	_____	★ Date of birth:	_____	★ Age on race day:	_____
★ Address:	_____	★ Gender:	Male: _____ Female: _____		
		★ T-shirt:			
★ EVENT	_____ 5k Run _____ 1m Walk	Unisex T-shirt	YL (XS), SM, MD, LG, XL		
★ Phone:	_____	Women T-shirt	W-SM, W-MD, W-LG, W-XL		
★ E-Mail:	_____	★ Fee:	Race day: \$25	Pre-registration by Nov. 27 th :	\$20

WAIVER! I know that competing in a 5K Run/Walk can be a hazardous activity. I should not enter unless I am medically able and properly trained. Having read this waiver, I for myself and anyone acting in my behalf, waive, The Seashore Striders, Road Runners Club of America, City of Rehoboth, State of Delaware and all sponsors from all claims and liabilities resulting in my participation in this event. I give permission for the use of my name and photograph in connection with this event. Signature of parent/guardian required for children under 18.

★ Signature:	_____	Date:	_____	Official use only BIB:
★ Parent Signature (under 18):	_____	Date:	_____	
★ Emergency contact/phone:	_____	Relation:	_____	

