



7TH ANNUAL DOLPHIN DASH FOR BETTY 5K RUN/WALK & FREE YOUTH DOPHIN DASH RACES

WHEN: Friday, October 3, 2014 – 5:30 p.m. (Rain or Shine) Youth Dolphin Dashes will begin at 5:00 p.m.

WHERE: Richard Shields Elementary School, Savannah Road; Lewes, Delaware

DISTANCE: **Run** = 3.1 miles (5000 meters)
Youth Dolphin Dashes (6 races): K, 1, 2, 3, 4, & 5 = 1 lap each

REGISTRATION: \$20.00 5k pre-registration fee through Wednesday, October 1, 2014
\$25.00 after 10/1 & race day registration beginning at 4:00 p.m.
(Youth Dolphin Dashes will have No Registration Fee – just show up, race, and have fun!)



AWARDS: Presented to the male/female overall and Master Champions as well as the top three finishers in 10 age groups: 7 & U, 8-9, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

AMENITIES: Tech T-shirts guaranteed to pre-registered participants, water stops and refreshments provided, timing and finish line by Seashore Striders, *Proceeds to benefit a Scholarship given at Graduation to a Cape District Student in memory of Betty Gooch.*

RACE DIRECTOR: Tim Bamforth www.seashorestriders.com



INFORMATION: Race Director Tim Bamforth @ 302-644-8952 or email runningandracing@seashorestrider.com

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Name: _____ Age _____ Sex ___ M ___ F

Address: _____ City _____ State: _____

Zip _____ Phone # _____ T-shirt: ___ YMD, ___ YLG, ___ SM, ___ MD, ___ LG, ___ XL

E-Mail _____ Check: ___ 5K Run/Walk

Release of Liability

Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release Shields Elementary School, The Seashore Striders, Cape Henlopen School District, The Town of Lewes, and all sponsors from any claims arising from my participation in this event.

SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: (UNDER 18) _____ DATE: _____

Make Checks Payable to: **“Seashore Striders”**

Mail form to: **Dolphin Dash 5k; P.O. Box 99; Nassau, DE 19969**