



4th Annual Delaware State Police/ Camp Barnes 5K/10K/1 Mile Walk



WHEN: Sunday, May 4th at 1:00 PM. (Rain or Shine)

WHERE: Assawoman Wildlife Refuge at Camp Barnes
Address: 37171 Camp Barnes Rd. Frankford, De 19945

DESCRIPTION: A beautiful 5K/10K/1 mile walk through the Assawoman Wildlife Refuge on dirt roads and scenic trails.

REGISTRATION: 5K/1 Mile walk-\$20 Pre-registration thru April 27 2013. (10k-\$25)
Register online at www.seashorestriders.com or register by mail by downloading application from website.
\$25 Race Day Registration from 11:00-1245. (10k-\$30)

AWARDS: Presented to Overall and Master Champions in 5K/10K, as well as, the Top 3 in nine age groups.

AMENITIES: Short sleeve T-shirts guaranteed to all Pre-registered participants in the 5K/10K and 1 Mile Walk. Water Stops and post event lunch for all registered participants.

Please make check payable to: Camp Barnes 5K/10K
Mail Entry To:
Delaware State Police/Troop 4
Attn: Detective Jeff Hudson
23652 Shortly Rd.
Georgetown, De 19947

-----PLEASE CUT AND RETURN THE BOTTOM PORTION OF THIS FORM-----

Name (Please Print) _____ **Age:** _____ **Sex: M F (circle)**

Phone: _____ **Email Address:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Shirt Size: (Circle) Adult: S M L XL XXL Event: 5K 10K 1 Mile Walk

Release and Liability: Having read this waiver, I for myself and anyone else entitled to act on my behalf, wave and release the Delaware State Police, the Assawoman Wildlife Refuge and all sponsors from any claims arising from my participation in this event. We also hold right to display any and all photographs.

Signature: (Participant/Responsible Adult) _____ **Date:** _____