



# 8<sup>th</sup> Annual DQ DASH!!

## 5K Race & 1 Mile Fun Walk

Proceeds benefit Go Fourth! Lewes DE Fireworks 2026

When: **SUNDAY, May 17, 2026 at 9am**

Where: **LEWES BEACH DAIRY QUEEN, 107 E Savannah Road, Lewes, DE**

Registration: \$30 early registration fee through May 10th (guaranteed t-shirt)

\$35 fee May 11<sup>th</sup> through Saturday, May 16<sup>th</sup>

\$40 Race Day Registration

Register online by visiting [seashorestriders.com](http://seashorestriders.com)



Awards: Presented to male/female 5K Overall and Master Champions as well as the top three finishers in 10 (10yr) age groups from 9 & under to 80 & over

Amenities: Short Sleeve T-shirts guaranteed on race day to the early registrants (as of 5/10) so REGISTER EARLY! DQ treats & other refreshments and timing and finish line by Seashore Striders Race Production, Inc.

Race Director: Tim Bamforth - Seashore Strider Race Productions

[tim@seashorestrider.com](mailto:tim@seashorestrider.com) [www.seashorestriders.com](http://www.seashorestriders.com)

Mail entry form / payment to: Seashore Striders, Attn: DQ Dash

9 Gander Lane, Lewes, DE 19958

Make checks payable to: Seashore Striders

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender  M  F

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone# \_\_\_\_\_ T-Shirt  SM  MD  LG  XL

Youth  SM  MD  LG

I know that running a race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able properly trained. I agree to abide by any decision as a race official relative to my ability to safely compete and run/walk. 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 cold, high heat and/or humidity, traffic and the conditions of the course, all 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: The Seashore Striders, Seashore Strider Event Production Inc, Diehl Ventures LLC, Dairy Queen, The State of Delaware and all sponsors, their representatives and successors from arising from my participation in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parental Signature: (Under 18) \_\_\_\_\_ Date: \_\_\_\_\_



SEASHORE STRIDER EVENT PRODUCTION, INC

