

RACE APPLICATION

DARE TO SIGN UP?

NAME _____

ADDRESS _____

CITY _____ ST _____

ZIP _____ AGE _____ M or F

PHONE # _____

T-SHIRT ____SM, ____MD, ____LG, ____XL

CHECK TEAM DIVISION
____MALE, ____FEMALE, ____CO-ED

TEAM NAME _____

Release of Liability

I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able & properly trained. I assume all risks associated with this event including falls, participation contact, weather, traffic, and course conditions, with all risks being known and appreciated by me. Having read this waiver and knowing the facts, I waive & release The Seashore Striders, Seashore Strider Event Production Inc, Quest Fitness, Town of Milton, State of Delaware and all sponsors, representatives, and volunteers associated from claims arising from my participation in this event.

SIGNATURE _____

PARENT(<-18) _____

PRE-RACE PACKET PICK-UP

5 – 8 P.M.

QUEST Fitness
17252 N. Village Main Blvd.
Lewes, Delaware 19958



REHOBOTH BEACH
RUNNING
COMPANY

Prepare to GET DIRTY

www.questfitness.com
www.seashorestriders.com

EVENT PARKING

Participants & spectators are encouraged to car pool as parking is limited at The Farm. Thank You!!

the inaugural

2011 DOWNSTATE DELAWARE DIRTY DOZEN MUD RUN

"An Adventurous Exercise Experience"

GOT MUD?

Milton, Delaware
April 16, 2011
9 a.m.



ARE YOU READY FOR THE CHALLENGE ?
FUN MILES OF RACING, A DOZEN CHALLENGES TO MASTER, & A MUDDY GOOD TIME !

RACE INFO:



WHEN: SATURDAY, APRIL 16, 2011

TIME: 9:00 A.M. (RAIN, SHINE, OR MUD)

WHERE: THE FARM; MILTON, DE.

Follow signs from Rt. 16 off of Rt. 1 heading toward Milton. Entrance to the Farm is 5 miles west of the Rt. 1/Rt. 16 intersection and 1 mile west of the Rt. 5/Rt. 16 intersection just off Rd. 238 or Saw Mill Road.

TEAMS: Made up of 3 person teams
Male, Female, & Co-Ed Teams
(Co-Ed can be MMF or FFM)

AWARDS:

Presented to the 1st team in each division as well as the top 5 teams in the 3 race divisions
****Custom Downstate DE Dirty Dozen Mud Run Medals presented to all finishers at finish line - FINISH & you're A WINNER!**

PROCEEDS:

Local Charities named by Quest Fitness & The Seashore Striders

CHALLENGES:

The Downstate DE Dirty Dozen Mud Run will feature a trail run between 4-5m (if you're lucky!) with 12 challenges for your team to master inside of the start & finish. Challenges will be announced and explained on April Fools Day at www.seashorestrider.com

REGISTRATION:

Pre-registration through Monday April 11, 2011 or the first 100 teams. Which ever comes first!

*** No Race-Day Registration will be allowed**

Team Entry Fee- \$90.00
check to: "Seashore Striders"
Included with Entry...

- Long Sleeve Tech T-Shirt,
- Complementary Lunch,
- Custom Finisher Medal, &
- a muddy great time!

Register online at
www.seashorestriders.com

RACE DIRECTORS:

Tim Bamforth- Seashore Striders along with Matt Carter of Quest Fitness

RACE INFORMATION:

Seashore Strider Office @
(302)644.8952
visit seashorestrider.com

MAIL APPLICATION TO:

D.D.D.D. Mud Run
P.O. Box 99
Nassau, DE 19969