



5K RUN & WALK



Sundays 8/7 c on ABC

Help Build Happiness with the Striders by joining us for a run & walk
100% of the Entry Fee's, Sponsorship, & Proceeds donated to the Sussex County Family Fund

Date/Time: Tuesday, August 23, 2011 @ 5:00 p.m. (rain or shine)

Venue/Address: Cape Henlopen State Park; Junction Breakwater Trail; Outlets,
Rehoboth Beach, DE 19971

Registration: \$20.00 pre-registration fee through Monday, August 22, 2011
\$25.00 race day registration from 3:30 p.m. - 5:00 p.m.

Information: Contact the Seashore Striders or visit www.seashorestriders.com

Additional: Additional donations can be made at the event as well as a canned
food items will be collected by the Seashore Striders for the family.

Course: Very scenic course on the Cape Henlopen State Park bike trail;
[Click Here](#) for **course map**

Awards: Custom Event Medals presented to all Finishers

Parking: Cape Henlopen State Park at Junction & Breakwater Trail, behind Outlets
Follow race signs

Register On-line: [Click Here to go to ACTIVE.COM](#)

By Mail: Participants are encouraged to mail registrations by Friday, 8/22
Make Checks Payable to: "Seashore Striders/Home Makeover 5k"
Mail entry form/payment to: "Seashore Striders/Home Makeover 5k"
P.O. Box 99; Nassau, DE 19969

Race Director: Tim Bamforth - Seashore Striders Race Productions, (302) 644-8952,
email: tim@seashorestriders.com

Results/Photos: Available on the Seashore Striders website <http://www.seashorestriders.com>

NAME _____ AGE _____ Circle: M F

ADDRESS _____ CITY _____ ST _____ ZIP _____

T-SHIRT: ___YL ___SM ___MD ___LG ___XL ___2X PHONE _____

Release of Liability

I know that running/walking a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. 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 road, 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: Seashore Strider Event Production, Inc., Schell Brothers, Extreme Home Makeover, City of Lewes, Cape Henlopen State Park, The State of Delaware and all sponsors, their representatives and successors from claims 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 _____

SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.