

# SEASHORE STRIDER

## SUMMER OF 2013 RACING SCHEDULE

*"Running & Racing at the Beach with the Seashore Striders"*

<u>DATE</u>	<u>NAME OF EVENT</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CITY</u>	<u>MAP#</u>
SUN., MAY 26	<b>MASSER 5 MILER</b> <i>Official 2013 U.S.A.C.F.R.F. Delaware Clydesdale 5 mile State Championship</i>	7:30 AM	Cape High School	Lewes	#1
SAT., JUNE 1	<b>LEWES 5K</b>	7:30 AM	Lewes Beach	Lewes	#2
SUN., JUNE 2	<b>REHOBOTH 5K</b>	7:30 AM	Wilm. Ave./Boardwalk	Rehoboth	#3
SAT., JUNE 8	<b>BLUE GOLD ALL-STAR 5K &amp; 1M WALK</b>	8:00 AM	Irish Eyes Pub & Restaurant <i>Anglers Road</i>	Lewes	#4
SUN., JUNE 16	<b>FATHERS DAY 5K</b>	7:30 AM	Rehoboth Ale House <i>Wilm. Ave./Boardwalk</i>	Rehoboth	#5
SAT., JUNE 22	<b>JUNGLE JIM'S 5K SPLASH</b>	7:30 AM	Jungle Jim's	Rehoboth	#6
SUN., JUNE 23	<b>BILL DEGNAN 5K &amp; 1M WALK</b>	7:30 AM	Cape High School	Lewes	#7
SAT., JUNE 29	<b>BEACH PAPER FIRECRACKER 5K &amp; 5K WALK</b>	7:30 AM	The Grove Park	Rehoboth	#8
SAT., JULY 6	<b>SEASHORE STRIDER 5K - (m)</b> <b>S.S.R.S. WOMEN'S FESTIVAL 5K - (w)</b>	7:30 AM 8:00 AM	Rehoboth Junior H.S.	Rehoboth	#9
SAT., JULY 20	<b>RACE FOR THE RIBBON 5K &amp; 1M WALK</b>	7:30 AM	Greene Turtle <i>Wilm. Ave./Boardwalk</i>	Rehoboth	#10
SUN., JULY 21	<b>Y.M.C.A. 5 MILE RUN &amp; 1M WALK</b>	7:30 AM	Deauville Beach	Rehoboth	#11
SUN., JULY 28	<b>RUN FOR J.J. 5K &amp; 5K WALK</b> <i>Official 2013 U.S.A.C.F.R.F. Delaware Clydesdale 5K State Championship</i>	7:30 AM	Stuart Kingston	Rehoboth	#12
SAT., AUGUST 3	<b>DAM MILL 5K</b>	7:30 AM	Cupola Park	Millsboro	#13
SAT., AUGUST 31	<b>LAST BLAST PREDICTION 5K</b>	7:30 AM	The Grove Park	Rehoboth	#14

*(The Championship Series Award Ceremony will follow the Last Blast Prediction 5K on 8/31/13)*

**IMPORTANT: LAST BLAST IS NOT A QUALIFYING EVENT.**

**The above 13 events in bold are the only events that will be credited toward the Championship Series**

*Event Director - Tim Bamforth...tim@seashorestrider.com*

6 events will include a walk – 6/8, 6/23, 6/29, 7/20, 7/21, 7/28

6 events will include a Clydesdale/Filly Division – 5/26, 6/16, 6/29, 7/20, 7/28, 8/3

### CHAMPIONSHIP SERIES

To become a qualifier of the Seashore Strider Championship Series one must complete any five (5) of the eleven series 5K events as well as one (1) of the two series five-mile events. If you complete more than these six (6) events, your best five 5Ks and your best 5-miler will be used for your final place within your age group, computations courtesy of Masser Systems Inc. Awards will be presented to the overall champions, the top five finishers in the following age categories: 9 & Under, 10-13, 14-19, 20-24, then 5-year age groups through 100+, and to all series qualifiers. Special awards also will be presented to those who complete all thirteen (13) of the Championship Series races. Championship Series awards will be provided by Masser Systems, Inc. All finishers are automatically entered into the Championship Series. There is not an entry fee for the Championship Series.

**Strider Hotline**  
**(302) 644-8952**

**For Race Applications - Mail a S.A.S.E. to:**  
**Seashore Strider Racing Series**  
**P.O. Box 99; Nassau, Delaware 19969**

**Strider Hotline**  
**(302) 644-8952**

**For all your Running & Racing needs at the Beach, visit the Seashore Striders on the web at...**

*www.seashorestriders.com*