

# "SIXTEENTH ANNUAL !!!!!"

## THE 2009 SEASHORE STRIDER RACING SERIES PRESENTS:

# MASSER

LEWES  
DELAWARE

# 5 MILLER

**PROCEEDS WILL BENEFIT THE SEASHORE STRIDER YOUTH PROGRAM**

*In Conjunction with the STRIDER KIDS "I Did It" Races which will be held for the kids 12 & U at 8:30 A.M.*

**The Masser 5 Miler is the Official 2009 USA C.F.R.F. United States Clydesdale 5 Mile State Championship.**

*Male 190+ lbs. and Female 150+ lbs.*

WHEN..... **Sunday; May 24th, 2009; 7:30 A.M. (Rain or Shine)**

WHERE ..... Lewes, Delaware... The start will be at Cape Henlopen High School. Course will wind through scenic Lewes before returning to finish at CHHS.

DISTANCE..... 5 miles **PART OF THE 2009 S.S.R.S CHAMPIONSHIP RACING SERIES**  
**"RUN YOUR QUALIFYING 5 MILER EARLY IN THE RACING SEASON"**

REGISTRATION..... \$15.00 Pre-registration through Saturday, May 23...MAIL ENTRY EARLY!!!!!!  
\$20.00 Race Day Registration from 6:00-7:15 A.M.  
or register online at [www.active.com](http://www.active.com) before 5/21/09

AWARDS ..... Trophy Awards will be presented to the Overall Top Three (3) Male & Female Champions, Overall Male & Female Masters (40+ yrs.), as well as the top three (3) Male & Female finishers in the following age categories: 9 & under, 10-13, 14-19, 20-24, then 5-year age groups through 100+. Trophies will also be presented within various Clydesdale/Filly weight and age categories. No duplication of awards. You may run either within your age group or as a Clydesdale/Filly, but not both ways. Awards ceremony will be held at 9:00 A.M.

AMENITIES ..... Multi-colored quality T-shirt to all participants, Digital computer timing and Finish line produced by "Seashore Striders," Digital Display Clock, Post-Race awards ceremony, Refreshments & A RUNNING GOOD TIME. T-Shirts guaranteed to pre-registrants only.

RACE DIRECTORS..... Tim Bamforth, Seashore Strider Racing Series, and Dr. Lee Masser of Masser Systems, Inc.

**MASSER**  
SYSTEMS INCORPORATED

\_\_\_\_\_ CHECK IF RUNNING AS A "CLYDESDALE"

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX: M F

ADDRESS \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE # \_\_\_\_\_ T-SHIRT: YL SM MD LG XLG XXL

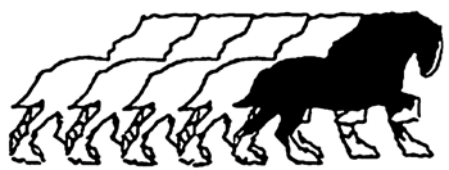
### RELEASE OF LIABILITY

I know that running a road 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 high heat and/or humidity, traffic and the conditions of the road, all such 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 Masser Systems Inc., Seashore Striders, the City of Lewes, the State of Delaware, Cape Henlopen High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT SIGNATURE (UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

MAKE CHECKS PAYABLE TO: SEASHORE STRIDER RACING SERIES OR "S.S.R.S."  
MAIL ENTRY FORMS TO:



**USA Clydesdale & Filly Racing Federation**

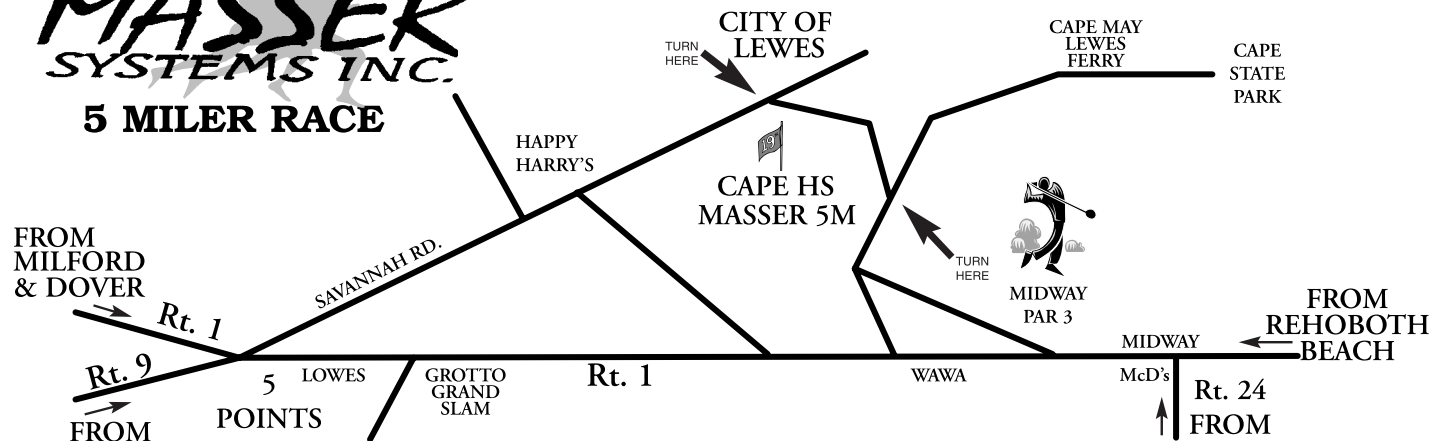
**SEASHORE STRIDER RACING SERIES**  
C/O: MASSER 5 MILER  
P.O. BOX 99  
NASSAU, DELAWARE 19969

**RACE HOTLINE: (302) 644-8952**  
[www.seashorestriders.com](http://www.seashorestriders.com)



# MASSER SYSTEMS INC.

## 5 MILER RACE



### FROM MILFORD & DOVER

Year	Overall	Time
2008	Enos Benbow	27:45.7
	Cindy Conant	32:42.6
2007	Enos Benbow	27:56.4
	Cindy Conant	33:09.1
2006	Chris Sheaffer	28:04.7
	Emily Forrey	31:18.3
2005	Mark Amway	26:54.7
	Cindy Conant	32:27.6
2004	Mike Monagle	25:51.0
	Cari Johnson	32:02.4
2003	Larry Levy	26:51.1
	Cindy Conant	35:42.5
2002	Leslie Wright	28:45.1
	Dianna Golden	33:08.9
2001	Michael Wardian	26:53.9
	Diane Craven	34:57.2
2000	Matt Lindell	29:26.0
	Claire O'Brien	35:04.0
1999	Matthew Demlein	25:54.8
	Carillee Johnson	34:33.4
1998	Greg Cauller	26:36.0
	Vicki Boyer	30:25.7
1997	Greg Cauller	26:15.8
	Vicki Boyer	32:52.3
1996	Leslie Wright	26:43.2
	Bettina Haskell	32:43.2
1995	Matt O'Neill	27:29.0
	Kim Kruse-Langer	33:40.0
1994	David Cabrera	27:58.6
	Johanna Mansilla	33:16.7

### MASSER PREVIOUS WINNERS

Year	Overall	Time
2008	Craig Hetrick	30:09.7
	Margaret Colvin	36:36.0
2007	Dan DiFonzo	30:03.6
	Angela Suvarm	39:39.7
2006	Rich Oldrieve	30:59.5
	Jean Betz	38:21.8
2005	Rich Oldrieve	30:24.0
	Holly Scott	35:33.0
2004	Andrew Shearer	28:47.4
	Cindy Conant	34:38.8
2003	Leslie Wright	30:15.7
	Karen Kolobielski	38:20.3
2002	Reuben Beauchamp	29:40.5
	Chris Coffin	37:32.5
2001	Reuben Beauchamp	28:50.4
	Leslie Bartoshesky	37:29.9
2000	Rick Poppleton	31:02.0
	Leslie Bartoshesky	36:40.1
1999	Reuben Beauchamp	29:24.9
	Leslie Bartoshesky	36:49.1
1998	Reuben Beauchamp	28:23.0
	Leslie Bartoshesky	37:01.1
1997	Joe Link	28:15.1
	Jeri Myers	37:23.1
1996	Joe Link	28:19.2
	Beverly Palmer	38:17.4
1995	Joe Link	28:31.0
	Sue Sherwood	39:08.1
1994	Joe Link	28:38.1
	Pauline Porter	42:09.7

### MASTERS

Year	Overall	Time
2008	Craig Hetrick	30:09.7
	Margaret Colvin	36:36.0
2007	Dan DiFonzo	30:03.6
	Angela Suvarm	39:39.7
2006	Rich Oldrieve	30:59.5
	Jean Betz	38:21.8
2005	Rich Oldrieve	30:24.0
	Holly Scott	35:33.0
2004	Andrew Shearer	28:47.4
	Cindy Conant	34:38.8
2003	Leslie Wright	30:15.7
	Karen Kolobielski	38:20.3
2002	Reuben Beauchamp	29:40.5
	Chris Coffin	37:32.5
2001	Reuben Beauchamp	28:50.4
	Leslie Bartoshesky	37:29.9
2000	Rick Poppleton	31:02.0
	Leslie Bartoshesky	36:40.1
1999	Reuben Beauchamp	29:24.9
	Leslie Bartoshesky	36:49.1
1998	Reuben Beauchamp	28:23.0
	Leslie Bartoshesky	37:01.1
1997	Joe Link	28:15.1
	Jeri Myers	37:23.1
1996	Joe Link	28:19.2
	Beverly Palmer	38:17.4
1995	Joe Link	28:31.0
	Sue Sherwood	39:08.1
1994	Joe Link	28:38.1
	Pauline Porter	42:09.7

### MALE

1.	Mike Monagle	25:51
2.	Matthew Demlein	25:54
3.	Greg Cauller	26:15
4.	Leslie Wright	26:43
5.	Larry Levy	26:51
6.	Michael Wardian	26:53
7.	Mark Amway	26:54
8.	Jim Griffith	27:03
9.	Brian Davis	27:20
10.	Donovan Anderson	27:26

### MASSER TOP 10 RUNNERS

2004**Course Records**	1.	Vicki Boyer	30:25	1998
1999	2.	Emily Forrey	31:18	2006
1997	3.	Cari Johnson	32:02	2004
1996	4.	Cindy Conant	32:27	2005
2003	5.	Bettina Haskell	32:43	1996
2001	6.	Dianna Golden	33:08	2002
2005	7.	Johanna Mansilla	33:16	1994
1996	8.	Kim Kruse-Langer	33:17	1996
1996	9.	Cindy Price	33:27	1996
1996	10.	Melissa Hexter	34:10	2008

### FEMALE

2004**Course Records**	1.	Vicki Boyer	30:25	1998
1999	2.	Emily Forrey	31:18	2006
1997	3.	Cari Johnson	32:02	2004
1996	4.	Cindy Conant	32:27	2005
2003	5.	Bettina Haskell	32:43	1996
2001	6.	Dianna Golden	33:08	2002
2005	7.	Johanna Mansilla	33:16	1994
1996	8.	Kim Kruse-Langer	33:17	1996
1996	9.	Cindy Price	33:27	1996
1996	10.	Melissa Hexter	34:10	2008

### MASSER AGE GROUP RECORDS

Runner	Time	Year
Evan Mock	37:01	1997
Jermaine Wilson	33:26	1995
Donovan Anderson	27:26	1996
Matthew Demlein	25:54	1999
Michael Wardian	26:53	2001
Mike Monagle	25:51	2004
Greg Cauller	26:15	1997
Mark Amway	26:54	2005
Joe Link	28:15	1997
Reuben Beauchamp	28:23	1998
Reuben Beauchamp	29:40	2002
Francisco Sanches	33:56	2002
Rex Enos	39:16	1996
Mike Bertolini	39:14	1996
Edward Green	46:29	2008
Raymond Gomez	31:21	2002

### MALE

**9 & U**	Bethany Pavlik	40:10	1996
**10-13**	Emily Forrey	31:18	2006
**14-19**	Jen Hicks	35:16	2001
**20-24**	Cindy Price	33:27	1996
**25-29**	Vicki Boyer	30:25	1998
**30-34**	Kim Kruse-Langer	33:17	1996
**35-39**	Bettina Haskell	32:43	1996
**40-44**	Cindy Conant	32:27	2005
**45-49**	Cindy Conant	32:42	2008
**50-54**	Diane Kukich	34:13	2002
**55-59**	Priscila Prunella	40:06	2000
**60-64**	Priscila Prunella	38:59	2004
**65-69**	Marge Warshauer	48:33	2006
**70-74**	Jamie Wollard	56:26	2008
**75-79**			
**Clyde/Filly**	Karla Eisch	36:47	2002

### FEMALE

**9 & U**	Bethany Pavlik	40:10	1996
**10-13**	Emily Forrey	31:18	2006
**14-19**	Jen Hicks	35:16	2001
**20-24**	Cindy Price	33:27	1996
**25-29**	Vicki Boyer	30:25	1998
**30-34**	Kim Kruse-Langer	33:17	1996
**35-39**	Bettina Haskell	32:43	1996
**40-44**	Cindy Conant	32:27	2005
**45-49**	Cindy Conant	32:42	2008
**50-54**	Diane Kukich	34:13	2002
**55-59**	Priscila Prunella	40:06	2000
**60-64**	Priscila Prunella	38:59	2004
**65-69**	Marge Warshauer	48:33	2006
**70-74**	Jamie Wollard	56:26	2008
**75-79**			
**Clyde/Filly**	Karla Eisch	36:47	2002