

# 2014 SUSSEX TECH

4<sup>th</sup> annual

## RAVEN CLASSIC CROSS COUNTRY 5K Run / Walk & Youth 2k Championship

ALL PROCEEDS TO BENEFIT S.T.X.C.

WHEN.....Saturday, October 11, 2014 9:00 a.m. (Rain or Shine)

WHERE.....Raven Cross Country Course; Sussex Tech High School; Georgetown, DE

REGISTRATION... \$20.00 pre-registration fee through Thursday October 9, 2014  
\$25.00 race day registration from 8:00 - 8:50 a.m.  
\$15.00 Pre & Post for Youth Race... Register online at [www.seashorestriders.com](http://www.seashorestriders.com)

AWARDS..... Presented to the male/female 5K Overall and Master Champions as well as the top three finishers in 9 (10y) age groups from 9 & under to 70 & over.  
Youth Championship... 8<sup>th</sup> Grade & U... Awards to the top 15 male & female

AMENITIES: Timing and finish line by Seashore Striders Event Production, Inc. Post Race Refreshments & definitely TECH t-shirts guaranteed to all PRE-Registered Runners & Walkers

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952, [runningandracing@seashorestrider.com](mailto:runningandracing@seashorestrider.com) [www.seashorestriders.com](http://www.seashorestriders.com)

### RACE INFORMATION – CALL (302) 644-8952

Mail entry form/payment to: Raven 5k; P.O. Box 99; Nassau, DE 19969  
Make Checks Payable to: “Seashore Striders”

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Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_M\_\_\_F

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

Zip \_\_\_\_\_ Phone # \_\_\_\_\_ T-shirt \_\_\_YS, \_\_\_YM, \_\_\_YL, \_\_\_SM, \_\_\_MD, \_\_\_LG, \_\_\_XL  
Event \_\_\_5k \_\_\_2k Yth Female Cut T.... \_\_\_SM, \_\_\_MD, \_\_\_LG

#### Release of Liability

I know that running 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 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, waive and release: The Seashore Striders, Seashore Strider Event Production Inc, Sussex Tech High School, The Town of Georgetown, 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: \_\_\_\_\_

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

