



5K RUN & WALK



START THE CHAMPIONSHIP DAY OFF WITH AN ALUMNI/OPEN 5K RUN ON THE BEAUTIFUL KILLENS POND 5000 CROSS COUNTRY COURSE. A CHALLENGING 3.1 MILES OF FUN THROUGH THE ROLLING FLATS AND THE NARROW WOODS. STAY AROUND FOR THE YOUTH REGIONAL CHAMPIONSHIP RACES BEGINNING AT 10 A.M. SEE YOU AT THE STARTING LINE.

Awards: will be presented to the top (M/F) Champions, Masters, and top three in each of the 10y age groups: 13U, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Registration: \$20.00 through 11/6/14 and \$25.00 through race-day

Address your Cashier Check, Check or Money Order to: **"Seashore Strider XC"**

Mail completed entry form by Nov. 6th to: CCC Regional 5k Run, P.O. Box 99, Nassau, DE 19969

T-Shirts: Guaranteed to all PRE-Registered runners and walkers; all others "First Come"

WHERE IS KILLENS POND STATE PARK ?? **GPS Address:** 5025 Killens Pond Road, Felton, DE 19943

This is a great website which shows you directions to the park as well as details inside the park.

<http://www.destateparks.com/k>

Co-Race Directors: Derek Shockro & Enos Benbow- Seashore Strider Event Production Inc.

- All entrants must have a complete entry form.

T-Shirt/Number Pick-up: Pick-Up will be done at the event from 7:30-8:25 a.m. next to the Pavillion

NAME _____ AGE _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ T-Shirt Type/Size: ☐ M; ☐ F ☐ SM, ☐ MD, ☐ LG, ☐ XL

Gender ☐ Male ☐ Female

WAIVER

I know that competing in a 5K Run/Walk can be a hazardous activity. I should not enter unless I am medically able and properly trained. Having read this waiver, I for myself and anyone acting in my behalf, waive, The Seashore Striders, Seashore Strider Event Production, Inc., Road Runners Club of America, City of Felton, Killens Pong State Park, State of Delaware and all sponsors from all claims and liabilities resulting in my participation in this event.

SIGNATURE _____ DATE _____