



SUMMER SERIES 2019

1. MASSER 5 MILER...Sun 5/26...Lewes
2. FATHERS DAY 5K...Sun 6/16...Rehoboth Bch
3. ECONOMICS PT. 2 PT. 6.70 MILER...Sun 5/12...Rehoboth
4. DFRC BLUE GOLD 5K...Sat 6/8...Lewes
5. FATHERS DAY 5K...Sun 6/16...Rehoboth Bch
6. JUNGLE JIMS 5K...Sat 6/22...Rehoboth
7. BILL DEGNAN 5K...Sun 6/23...Lewes
8. BEACHPAPER FIRECRACKER 5K...Sat 6/29...Rehoboth Bch
9. RUN FOR THE RIBBON 5K...Sat 7/13...Rehoboth Bch
10. SEASHORE 5 MILER...Sun 7/14...Rehoboth
11. RUN FOR JJ 5K...Sun 7/21...Rehoboth Bch
12. DAM MILL 5K...Sat 7/27...Millsboro (Tent...)
13. RUN FOR THE PAWS 5K...Sat 8/3...Dewey Bch

6-PACK SERIES 2019

1. SEASHORE CLASSIC HALF/RELAY/5K...Sat 5/11...Lewes
2. FATHERS DAY 5K...Sun 6/16...Rehoboth Bch
3. ECONOMICS PT. 2 PT. 6.70 MILER...Sun 5/12...Rehoboth
4. DFRC BLUE GOLD 5K...Sat 6/8...Lewes
5. IRISH EYES 5K...Sat 6/15...Milton
6. FATHERS DAY 5K...Sun 6/16...Rehoboth Bch

TRIPLE CROWN SERIES 2019

1. GEORGETOWN LIBRARY 5K...Fri 6/14...Georgetown
2. IRISH EYES 5K...Sat 6/15...Milton
3. FATHERS DAY 5K...Sun 6/16...Rehoboth Bch

VISIT www.seashorestriders.com for Race Information