

# SEASHORE STRIDER

## SUMMER OF 2010 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 30	<b>MASSER 5 MILER</b> <i>Official 2010 U.S.A.C.F.R.F. Delaware Clydesdale 5 mile State Championship</i>	7:30 AM	* Cape High School	Lewes	#1
	MASSER KIDS I DID IT RACES	8:30 AM			
	MASSER 5 MILER AWARDS CEREMONY	9:00 AM			
SAT., JUNE 5	<b>RACE FOR THE RIBBON 10K + 5K &amp; 1M WALK</b> <i>You may run either the 10K or 5K as a series qualifying race. A completed 10K will count as one qualifying 5K in the SSRS Championship Series.</i>	7:30 AM	* Cape High School	Lewes	#2
SUN., JUNE 6	<b>GREAT STRIDES DASH 5K + 1M WALK</b>	7:30 AM	* The Grove Park	Rehoboth	#3
SAT., JUNE 12	<b>BLUE GOLD ALL-STAR 5K &amp; 1M WALK</b>	7:30 AM	Anglers Road	Lewes	#4
SUN., JUNE 20	<b>FATHERS DAY 5K</b>	7:30 AM	* Wilm. Ave/Boardwalk	Rehoboth	#5
SAT., JUNE 26	<b>JUNGLE JIM'S 5K SPLASH</b>	7:30 AM	Jungle Jim's	Rehoboth	#6
SUN., JUNE 27	<b>BILL DEGNAN 5K &amp; 1M WALK</b>	7:30 AM	* Cape High School	Lewes	#7
SAT., JULY 3	<b>BEACH PAPER FIRECRACKER 5K &amp; 5K WALK</b>	7:30 AM	* The Grove Park	Rehoboth	#8
SAT., JULY 10	<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 24	<b>CHAD'S RUN 5K &amp; 1M WALK</b>	7:30 AM	* Cape High School	Lewes	#10
SUN., JULY 25	<b>Y.M.C.A. 5 MILE RUN &amp; 1M WALK</b>	7:30 AM	* Deauville Beach	Rehoboth	#11
SUN., AUGUST 1	<b>RUN FOR J.J. 5K &amp; 5K WALK</b> <i>Official 2010 U.S.A.C.F.R.F. Delaware Clydesdale 5K State Championship</i>	7:30 AM	* Stuart Kingston	Rehoboth	#12
SAT., AUGUST 7	<b>DAM MILL 5K</b>	7:30 AM	* Cupola Park	Millsboro	#13
SAT., SEPTEMBER 4	<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 9/4/10)*

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 \* = T.A.C. Certified Course

8 events will include a walk - 6/5, 6/6, 6/12, 6/27, 7/3, 7/24, 7/25, 8/1      6 events will include a Clydesdale/Filly Division - 5/30, 6/5, 6/20, 7/3, 8/1, 8/7

### 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*



**SEASHORE STRIDER  
RACE MAP WITH CODE #1-14**

mail applications to: **SEASHORE STRIDER RACING SERIES**, P.O. Box 99, Nassau, DE 19969  
Please Include the "NAME OF EVENT" on the Outside of the Envelope...Thank You!

## S.S.R.S. OFFICIAL ENTRY FORM

Print Clearly and Sign Waiver - Application can be Photocopied if Needed

NAME OF EVENT \_\_\_\_\_ Check if running as a "Clydesdale/Filly" \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: \_\_\_\_\_ M \_\_\_\_\_ F

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ PLEASE CIRCLE  
T-SHIRT SIZE: YL SM MD LG XL XXL

PHONE # \_\_\_\_\_ E-MAIL \_\_\_\_\_ ENTRY FEES: \_\_\_\_\_ \$15 PRE-REG. \_\_\_\_\_ \$20 RACE DAY

Seashore Strider members receive a \$2.00 per event "pre-registration" discount on all 13 of the Seashore Strider Series events. The discount **DOES NOT** apply on race-day registrations! The S.S.R.C. discount **DOES NOT** apply to the following:  
#1-Masser Kids Races 5/30 & #14-Last Blast 5K 9/4.  
**\*FOR XXL, ADD \$2.00\***

### EVENT WAIVER / 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 complete the event. 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 road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the following: The Seashore Strider Running Club, The Seashore Strider Racing Series, Masser Systems Inc., Road Runners Club of America, USA TF, USACFRF, The City of Rehoboth, Lewes, Millsboro, The State of Delaware., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I understand and waive even though that liability may arise out of or 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 \_\_\_\_\_

PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_

(If under 18, without parent consent, participant will not be allowed to enter)

**MAKE CHECKS OUT TO: "SEASHORE STRIDER RACING SERIES" or "S.S.R.S."**

### ROAD RUNNERS CLUB OF AMERICA INSURANCE AND S.S. SERIES GUIDELINES WILL BE IN EFFECT AT EACH EVENT

**ALL PARTICIPANTS MUST BE REGISTERED, "BANDITS" WILL BE ASKED TO LEAVE THE COURSE. UNREGISTERED INDIVIDUALS CAN NOT INTERFERE WITH AN ENTERED PARTICIPANT, SUCH AS RUNNING A SECTION OF COURSE OR "AIDING THE RUNNER". PLEASE DON'T GO THROUGH FINISH LINE & CHUTE WITHOUT A REGISTERED NUMBER. NUMBERS MUST HAVE THE BOTTOM TEAR OFF SECTION ATTACHED WHEN YOU CROSS THE FINISH LINE. RACE NUMBERS ARE TO BE WORN ON THE FRONT OF PARTICIPANTS. NO REFUNDS WILL BE ISSUED, HOWEVER CREDITS TOWARD A FUTURE EVENT ARE GRANTED. NO HEADSETS, ANIMALS, ROLLER BLADES/SKATES, OR BABY JOGGERS/STROLLERS PERMITTED ON COURSE. RACE DIRECTOR RESERVES THE RIGHT TO REJECT RACE ENTRY.**

## **SEASHORE STRIDER RACING SERIES**

Designed by: Tim Bamforth      Scheduling & Editing Work: Lee Masser  
Running & Racing at the Beach with Seashore Striders.com