



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 5/24 & #14-Last Blast 5K 9/5.  
\*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 you 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, USACRF, 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

2009

MASSER SYSTEMS INC. PRESENTS...

# SEASHORE STRIDER SUMMER RACING SERIES

IN COOPERATION WITH THE ROAD RUNNERS CLUB OF AMERICA

MASSER  
SYSTEMS INC.

COASTAL  
PRINTING

The Jason Corporation  
COMMERCIAL REAL ESTATE  
WASHINGTON, D. C.



SEASHORE STRIDERS



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USA Clydesdale &  
Filly Racing Federation



SEASHORE STRIDER
SUMMER OF 2009 RACING SCHEDULE

"Running & Racing at the Beach with the Seashore Striders"

DATE	NAME OF EVENT	TIME	LOCATION	CITY	MAP#
SUN., MAY 24	MASSER 5 MILER <small>Official 2009 U.S.A.C.F.R.F. Delaware Clydesdale 5 mile State Championship</small> MASSER KIDS I DID IT RACES MASSER 5 MILER AWARDS CEREMONY	7:30 AM 8:30 AM 9:00 AM	* Cape High School	Lewes	#1
SAT., MAY 30	RACE FOR THE RIBBON 10K + 5K & 1M WALK <small>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.</small>	7:30 AM	* Cape High School	Lewes	#2
SUN., JUNE 7	SEASHORE 5K DASH	7:30 AM	* The Grove Park	Rehoboth	#3
SAT., JUNE 13	BLUE GOLD ALL-STAR 5K & 1M WALK	7:30 AM	Anglers Road	Lewes	#4
SUN., JUNE 21	FATHERS DAY 5K	7:30 AM	* Wilm. Ave/Boardwalk	Rehoboth	#5
SAT., JUNE 27	JUNGLE JIM'S 5K SPLASH	7:30 AM	Jungle Jim's	Rehoboth	#6
SUN., JUNE 28	BILL DEGNAN 5K & 1M WALK	7:30 AM	* Cape High School	Lewes	#7
SAT., JULY 4	BEACH PAPER FIRECRACKER 5K & 5K WALK	7:30 AM	* The Grove Park	Rehoboth	#8
SAT., JULY 11	SEASHORE STRIDER 5K - (m) S.S.R.S. WOMEN'S FESTIVAL 5K - (w)	7:30 AM 8:00 AM	Rehoboth Junior H.S.	Rehoboth	#9
SAT., JULY 25	CHAD'S RUN 5K & 1M WALK	7:30 AM	* Cape High School	Lewes	#10
SUN., JULY 26	Y.M.C.A. 5 MILE RUN & 1M WALK	7:30 AM	* Deauville Beach	Rehoboth	#11
SUN., AUGUST 2	RUN FOR J.J. 5K & 5K WALK <small>Official 2009 U.S.A.C.F.R.F. Delaware Clydesdale 5K State Championship</small>	7:30 AM	* Stuart Kingston	Rehoboth	#12
SAT., AUGUST 8	DAM MILL 5K	7:30 AM	* Cupola Park	Millsboro	#13
SAT., SEPTEMBER 5	LAST BLAST PREDICTION 5K	7:30 AM	* The Grove Park	Rehoboth	#14

(The Championship Series Award Ceremony will follow the Last Blast Prediction 5K on 9/5/09)

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

7 events will include a walk – 5/30, 6/13, 6/28, 7/4, 7/25, 7/26, 8/2 6 events will include a Clydesdale/Filly Division – 5/24, 5/30, 6/21, 7/4, 8/2, 8/8

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

RACE INFORMATION

PRODUCED BY: The Seashore Striders Running Club, in cooperation with Masser Systems Inc., Road Runners Club of America, and USATF. Also thanks to The Town of Rehoboth Beach, Henlopen Acres, Lewes, and Millsboro, as well as their local Police & Fire Departments, The Grove Club, & The Sussex County E.M.S. for making the Race Series possible.

DIRECTED BY: Tim Bamforth & Dr. Lee Masser, assisted by many great volunteers making the Strider Race Series a huge success.

COURSES: Courses are flat and fast, with each marked in white lime. The 1, 2, 3, start & finish will be marked, as well as the 4 mile in five mile events. A 1-mile split will be given in most events, & other splits when possible. Each event contains a water stop. A digital clock set up at the finish. Please run right at all times, unless otherwise directed, and be cautious of traffic at all times.

REGISTRATION: Pre-Registration: \$15.00 per event. Participants can pre-register for any event or multiple events in advance by mailing entry(s) to the S.S.R.S. post office box. Participants are encouraged to mail registrations by Monday of race week. Seashore Strider members receive a \$2.00 "pre-registration" discount on ONLY the 13 Series events. Post-Registration: \$20.00 per event. Participants can register for any event on race morning at the event location beginning 1 hr. before the start. Registration cut-off is 10 min. before the start of the event! Seashore Strider discount does not apply to race-day registration.

AMENITIES: Eleven (11) events are T.A.C. Certified, weekly computer & championship series results displayed at each event courtesy of Masser Systems Inc., computerized timing, custom designed T-shirts guaranteed to all Pre-Registered runners only, refreshments at most events, random prizes, & plenty of running fun!

AWARDS: Awards will be presented to the Overall & Master male and female champions, as well as the top 3 finishers in 14 age groups (male & female); 9 & U, 10-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & O. NO REPEAT WINNERS. Please Note: There will be no age group awards in the Last Blast Prediction (9/5) event; awards will go to the top 20 predictors.

6 FEATURED EVENTS: Masser 5 miler (5/24), Race for the Ribbon 10K + 5K (5/30), Fathers Day 5k (6/21), Firecracker 5k (7/4), Run for J.J. 5k (8/2) and Dam Mill 5k (8/8) will present "2nd Place" Overall Awards.

CLYDESDALE/FILLY The 6 above featured events will include a "Clydesdale/Filly" division for male and female competitors for 2009: The Masser 5 Miler is the "Official 2009 U.S.A.C.F.R.F. Delaware Clydesdale State 5m Championship". The Run for J.J. 5k is the "Official 2009 U.S.A.C.F.R.F. Delaware Clydesdale State 5k Championship". Male participants must be 200+ lbs. & female participants must be 150+ lbs. to be eligible. We will use "honor" weight system unless a challenge is made. Clydesdales/Fillys are encouraged to pre-register. On race day it is your responsibility to inform race staff that you're a "clydesdale runner" or we will assume you are an "age-group runner." Additional Weight and Age Divisions will be used at the Masser 5 Miler (5/24) and Run for J.J. 5k (8/2), as part of the U.S.A.C.F.R.F. Mid Atlantic Series. No duplication of awards. You may run either within your age group or as a clydesdale/filly, but not both ways. Thank you for your cooperation.

WALKERS: The Seashore Striders will have two (2) competitive 5k walks at the Firecracker 5k (7/4) and Run for J.J. 5k (8/2), and five (5) non-competitive 1 mile walks at Race for the Ribbon (5/30), Blue Gold (6/13), Bill Degnan (6/28), Chad's Run (7/25) and Y.M.C.A. (7/26). Entry fee - \$15 Pre and \$20 race day. Awards presented to the top 3 to 5 overall depending on the event. Participants must WALK the whole way. Walkers are encouraged to pre-register. On race day it is your responsibility to inform race staff that you're a "walker" or we will assume that all race-day registrations are "runners". Thank you for your cooperation.

CAUTION: Delaware's weather can be very hot, humid and uncomfortable during the summer months which is dangerous to runners. Drink fluids before & after each event and in case of a hot & humid race, please adjust your pace sensibly.

RACE HOTLINE: (302) 644-8952 Seashore Strider Race Hotline updated weekly with race information. Give us a call.

MAIL ENTRY TO: SEASHORE STRIDER RACING SERIES  
C/O EVENT NAME; P.O. BOX 99, NASSAU, DELAWARE 19969