

2012 APPLICATION

Name _____
First Last
Age _____ Sex: M F
Daytime Phone: _____
TShirt Size: XS S M L XL XXL
Address _____
Town _____
State/Zip _____
Email _____
RunningClub? _____
Emergency Contact/Phone: _____

Checks Payable to: Seashore Striders
Check # _____

MANDATORY RELEASE FORM

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants or spectators, the effect of weather including cold, snow and ice, traffic and the conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Shadow Series, Cape Henlopen State Park, DE State Parks, Sponsors listed on this registration form, Seashore Striders and their representatives, successors and assigns for any and all injuries suffered by me in said event and all claim for liabilities of any kind arising out of my participation in this event though liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I attest and verify that I will participate in this event as a foot-race entrant and that I am physically fit and have sufficiently trained for the competition of this event and that my physical conditions has been verified by a licensed medical doctor. Further, I grant full permission to any and all of foregoing to use any photographs, video tapes, motion pictures, recordings or other records of this event for any legal purpose whatsoever. In the event that an act of God necessitates the cancellation of the race, I understand that the sole responsibility of the race will be to provide a free race t-shirt for pick up at a time and place that will be announced.

Signature _____
(All runners must sign this release. Parent or guardian must sign for runners under age 18)

Official Use Only: Bib # _____

DIRECTIONS:

Cape Henlopen State Park is located at 15099 Cape Henlopen Drive, Lewes, DE 19958. One mile east of the Cape May - Lewes Ferry.

GPS Users: Please note that our address has recently changed. In order to accurately find our location, you may need to use our old address of 42 Cape Henlopen Drive, Lewes, DE 19958.

A special thank you to Cape Henlopen State Park for all their assistance in making the Shadow Series a success.

FOR ADDITIONAL INFORMATION:
Seashore Striders Event Productions
Telephone: (302) 644-8952
E-mail: tim@seashorestrider.com

SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.



Seashore Striders Presents

SHADOW RUN SERIES

2012

The Mid-Atlantic's only
Series of Night Runs



SHADOW SERIES 2012

March 10, 2012 @ 6:00 p.m.

The Shadow 10K & 5K - The kick-off event to the Series. A jaunt that will take you along paved paths, down open trails, and beside the quiet seashore.

May 5, 2012 @ 7:00 p.m.

El Cinco - A five mile fiesta, an endorphin-fueled frolic under the night sky. Come celebrate!

August 31, 2012 @ 7:00 p.m.

Blue Moon 10K & 5K - A 6.2 nighttime romp guided by the year's only blue moon (the second full moon in a month), relish the cooler evening temp's and even cooler companions - Runners!

December 22, 2012 @ 5:00 p.m.

The Day After - Some predict the world will end on Dec 21, 2012. Runners are optimists so we've scheduled this 5k for the day after. (If the world does end, your entry fee will be refunded.)

Baby joggers, rollerblades, skates, bikes & pets are NOT allowed due to insurance guidelines!

For complete race Information, course description & FAQ's:
www.seashorestriders.com

Number/Shirt Pickup:

Performance T-Shirt guaranteed to pre-registered participants ONLY! Pick-up will ONLY take place at the State Park. You must pick up your shirt and number prior to the start of the race.

Race Numbers:

You must wear the number assigned to you to receive the correct results. Race crew not responsible for error due to wearing incorrect numbers.

Race Awards:

Awards will be presented to the male & female overall, masters(40+), and to the top 3 male & female finishers per race, per age category.

Age Categories:

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, 70-74, 75-79, 80+.

Refreshments:

Beverages and snacks will be distributed after all races.

Raffles:

Must be present to win.

Timing:

All runners' times will be recorded and posted following each race.

Seashore Strider Event Prod.

302.644.8952

**E-mail: tim@seashorestrider.com or call the race hotline at:
302.644.8952**

REGISTRATION

_____ FULL SERIES \$70
(register by 3/7/12)

_____ THE SHADOW 5K or 10K \$20
(register by 3/7/12)

_____ EI CINCO 5M \$20
(register by 5/2/12)

_____ BLUE MOON 5K or 10K \$20
(register by 8/29/12)

_____ THE DAY AFTER 5K \$20
(register by 12/19/12)

Registration after cut-off date: \$25/race

Register for the series, or single races
online @ www.seashorestriders.com

Online registration will close on the
"register by" date shown above.

By mail*: Select races above, complete application on reverse side, and return with payment to:

Seashore Striders/Shadow Series
P. O. Box 99; Nassau, DE 19969

(Make Checks Payable to: Seashore Striders)

*Receipt of application will not be sent by mail. Entries must be postmarked by the "register by" date shown above.

In Person @ Cape Henlopen State Park, registration opens one hour before race time. (follow race signs to start)

NO REFUNDS WILL BE ISSUED IN THE EVENT OF CANCELLATION DUE TO INCLEMENT WEATHER