

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

Seashore Strider Event Prod.

(302)644-8952

E-mail: tim@seashorestrider.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+.
(December race will have 10 yr. age groups)

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.

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