



VALENTINES CHASE



5TH Annual 5K RUN & 1 MILE WALK & COUPLES RUN

WHEN: Sunday, February 28, 2010 10:00 am (Rain or Shine) **(NEW DATE)**

WHERE: Cape Henlopen State Park Fishing Pier...follow signs once inside the park

REGISTRATION: \$ 15.00 pre-registration fee through Friday, February 12, 2010
\$ 20.00 race day registration from 9:00 - 9:50 a.m.
(1m Walk is \$15 Pre & Post)

AWARDS: Awards presented to the male/female 5K Overall champions as well as custom wood heart awards to the top three finishers in 9 age groups from 9&U to 70&O;
Couples - Awards to top 3 combined times in Male, Female, & Co-Ed Divisions;
Participants may be in both the individual and couple categories

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952,
runningandracing@seashorestrider.com www.seashorestriders.com

INFORMATION: CALL (302) 644-8952

ONLINE:



Register online at www.active.com

BY MAIL: Make Checks Payable to: "Seashore Striders"

Mail entry form/payment to: Valentines 5k; P.O. Box 99; Nassau, DE 19969

-----TEAR HERE-----TEAR HERE-----

Name (first, last): _____ Age _____ Sex ___M___F

Address: _____ City _____ ST _____

Zip _____ Phone # _____ T-Shirt ___YLG___SM, ___MD, ___LG, ___XL

Check which Race: ___ 5K Run ___ 1m Walk

Bib No: _____
For official use only

Team Division: ___ M/M, ___ F/F, ___ M/F, **Teammate:** _____

Release of Liability

I know that running a 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 compete and run. 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 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, waiver and release: The Seashore Strider Event Production, Inc, Cape Henlopen State Park, The Town of Lewes, The State of Delaware and all sponsors, their representatives and successors from claims arising from my participation in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver.

SIGNATURE: _____ **DATE:** _____



SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.

Inclind Inc.
Internet Professionals