

RACE INFORMATION

When: Sunday, October 3, 2010 @ 9 a.m.
Registration begins at 7:30 a.m. at the track/Savannah Road side of C.H.H.S..

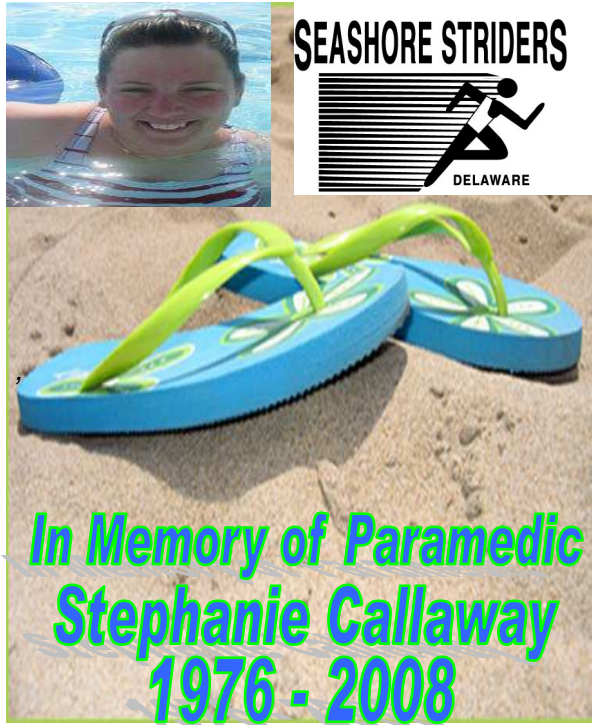
Where: Cape Henlopen High School, Lewes DE.

Distance: 5K Paved Run & Walk

Registration: \$20 Pre-Registration -> 10/1/10
\$25 Race-Day Registration 7:30-9 a.m.
Participants can also register online through
www.active.com searching "Giggle Medic Run"

Awards: Overall, Masters, & Top 3 finishers in
the following 9 age groups: 9 & U, 10-13, 14-19,
20-29, 30-39, 40-49, 50-59, 60-69, 70+
Stephanie Callaway Spirit Award
(1st male & female Paramedic)

Amenities: multi-colored long sleeve t-shirt; surf
bagels, timing & results by the Seashore Strider
Event Production, Inc.



SEASHORE STRIDERS



3rd Annual "Giggle Medic" 5K

RACE ENTRY FORM

Name: _____

Address: _____

City: _____ **ST:** _____

Zip: _____ **Phone#:** _____

Age on Race-Day: _____

E-Mail: _____

Emergency Contact: _____

Please Check: Male Female

Waiver

I know that a run event can be a dangerous activity and I will not enter unless I am properly trained. I waive and release the Seashore Striders, City of Lewes, Sussex County Paramedic Association, and all sponsors from any claims based on my participation.

Signature _____

Mail completed application to:

Seashore Striders; PO Box 99; Nassau, DE 19969
Make payment to: "Seashore Striders"

Contact Race Director Tim Bamforth @ 302-644-8952
runningandracing@seashorestriders.com
www.seashorestriders.com

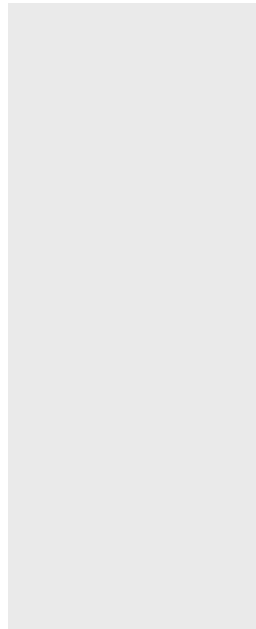


SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.

register online at
active.com

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3rd Annual "Giggle Medic" 5 K



Sunday, October 3, 2010
9 am Start
Cape Henlopen High School
Lewes, Delaware