

RUN FOR THE ARTS

5K RUN & WALK 1 Mile PARENT-CHILD WALK

WHEN.....Saturday, May 1, 2010– 9:00am (Rain or Shine)

WHERE.....Southern Delaware School of the Arts, 27 Hosier Street, Selbyville, DE 19975
Run or Walk = 5K or 3.1 miles Parent/Child Walk – 1 mile
Both Courses begin and end at the school.

REGISTRATION...\$15.00 pre-registration fee through Thursday, April 29, 2010
\$20.00 race day registration from 8:00 – 8:45

AWARDS.....Presented to the male/female Overall and Master Champions as well as the top three finishers in the following age groups: 8 and under, 9-10, 11-12, 13-14, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and over. All finishers get ribbons.

AMENITIES: T-shirts guaranteed to the first 50 registered, water stops and refreshments provided, timing and finish line by Seashore Striders Race Productions. Post race award ceremony at SDSA

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions (302-644-8952, runningandracing@seashorestrider.com) in cooperation with the PTO of the Southern Delaware School of the Arts (302-436-1066)

Mail entry form/payment to: SDSA 5k Run, 27 Hosier Street, Selbyville, DE 19975

Make Checks Payable to: SDSA PTO

-----TEAR HERE-----BIB # _____

Name: _____ Age _____ Sex ___M___F

Address: _____ City _____

State: _____ Zip _____ Phone # _____ T-shirt-Circle one YL S MD LG XL

Check which Race: _____5K Run _____5KWalk _____1 mile parent/child walk

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 Indian River School district, Southern Delaware School of the Arts, The Town of Selbyville, The Seashore Striders Running club, 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: _____

PARENT SIGNATURE: (UNDER 18) _____ DATE: _____