

"NINETEENTH ANNUAL !!!!!"

THE 2012 SEASHORE STRIDER RACING SERIES PRESENTS:

MASSER LEWES DELAWARE

5 MILER

PROCEEDS WILL BENEFIT THE SEASHORE STRIDER YOUTH PROGRAM

In Conjunction with the STRIDER KIDS "I Did It" Races which will be held for the kids 12 & U at 8:30 A.M.

The Masser 5 Miler is the Official 2012 USA C.F.R.F. United States Clydesdale 5 Mile State Championship. Male 190+ lbs. and Female 150+ lbs.

- WHEN... Sunday; May 27th, 2012; 7:30 A.M. (Rain or Shine)
WHERE... Lewes, Delaware... The start will be at Cape Henlopen High School. Course will wind through scenic Lewes before returning to finish at CHHS.
DISTANCE... 5 miles PART OF THE 2012 S.S.R.S CHAMPIONSHIP RACING SERIES "RUN YOUR QUALIFYING 5 MILER EARLY IN THE RACING SEASON"
REGISTRATION... \$15.00 Early Pre-registration through April 30, 2012, then \$20.00 through Saturday, May 26. \$25.00 Race Day Registration from 6:00-7:15 A.M. or register online at www.active.com before 5/24/12
AWARDS... Trophy Awards will be presented to the Overall Top Three (3) Male & Female Champions, Overall Male & Female Masters (40+ yrs.), as well as the top three (3) Male & Female finishers in the following age categories: 9 & under, 10-13, 14-19, 20-24, then 5-year age groups through 100+. Trophies will also be presented within various Clydesdale/Filly weight and age categories. No duplication of awards. You may run either within your age group or as a Clydesdale/Filly, but not both ways. Awards ceremony will be held at 9:00 A.M.
AMENITIES... Multi-colored quality T-shirt to all participants, Digital computer timing and Finish line produced by "Seashore Striders," Digital Display Clock, Post-Race awards ceremony, Refreshments & A RUNNING GOOD TIME. T-Shirts guaranteed to pre-registrants only.
RACE DIRECTORS... Tim Bamforth, Seashore Strider Racing Series, and Dr. Lee Masser of Masser Systems, Inc.

MASSER SYSTEMS INCORPORATED

CHECK IF RUNNING AS A "CLYDESDALE"

NAME AGE ON RACE DAY SEX: M F

ADDRESS EMAIL:

CITY STATE ZIP PHONE # T-SHIRT: YL SM MD LG XLG XXL PLEASE CIRCLE

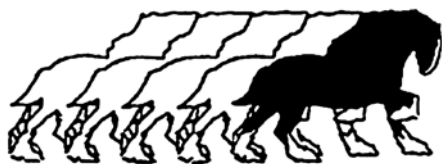
RELEASE OF LIABILITY

I know that running a road 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 high heat and/or humidity, traffic and the conditions of the road, all such 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 Masser Systems Inc., Seashore Striders, the City of Lewes, the State of Delaware, Cape Henlopen High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE DATE

PARENT SIGNATURE (UNDER 18) DATE

MAKE CHECKS PAYABLE TO: SEASHORE STRIDER RACING SERIES OR "S.S.R.S." MAIL ENTRY FORMS TO:



USA Clydesdale & Filly Racing Federation

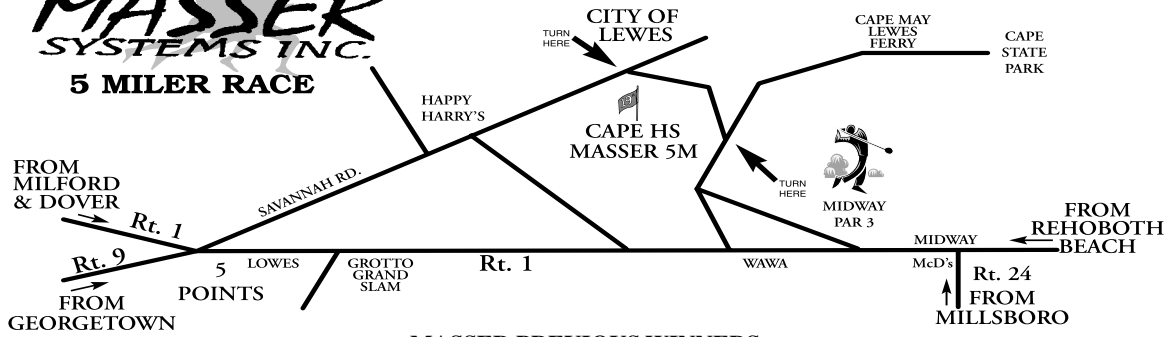
SEASHORE STRIDER RACING SERIES C/O: MASSER 5 MILER P.O. BOX 99 NASSAU, DELAWARE 19969

RACE HOTLINE: (302) 644-8952 www.seashorestriders.com



MASSER SYSTEMS INC.

5 MILER RACE



MASSER PREVIOUS WINNERS

<u>OVERALL</u>		
2011	Enos Benbow	27:35.3
	Cindy Conant	33:25.0
2010	Anthony Reynolds	28:27.7
	Cindy Conant	32:55.4
2009	Lucas Messner	28:59.2
	Cindy Conant	33:10.0
2008	Enos Benbow	27:45.7
	Cindy Conant	32:42.6
2007	Enos Benbow	27:56.4
	Cindy Conant	33:09.1
2006	Chris Sheaffer	28:04.7
	Emily Forrey	31:18.3
2005	Mark Amway	26:54.7
	Cindy Conant	32:27.6
2004	Mike Monagle	25:51.0
	Cari Johnson	32:02.4
2003	Larry Levy	26:51.1
	Cindy Conant	35:42.5
2002	Leslie Wright	28:45.1
	Dianna Golden	33:08.9
2001	Michael Wardian	26:53.9
	Diane Craven	34:57.2
2000	Matt Lindell	29:26.0
	Claire O'Brien	35:04.0
1999	Matthew Demlein	25:54.8
	Carillee Johnson	34:33.4
1998	Greg Cauller	26:36.0
	Vicki Boyer	30:25.7
1997	Greg Cauller	26:15.8
	Vicki Boyer	32:52.3
1996	Leslie Wright	26:43.2
	Bettina Haskell	32:43.2
1995	Matt O'Neill	27:29.0
	Kim Kruse-Langer	33:40.0
1994	David Cabrera	27:58.6
	Johanna Mansilla	33:16.7

<u>MASTERS</u>		
2011	Mike Sewell	30:02.3
	Mary Beth Evans	37:34.5
2010	Mike Sewell	29:09.3
	Cheryl Weir	36:34.1
2009	Dan Macelrevey	31:12.2
	Margaret Colvin	37:27.2
2008	Craig Hetrick	30:09.7
	Margaret Colvin	36:36.0
2007	Dan DiFonzo	30:03.6
	Angela Swarm	39:39.7
2006	Rich Oldrieve	30:59.5
	Jean Betz	38:21.8
2005	Rich Oldrieve	30:24.0
	Holly Scott	35:33.0
2004	Andrew Shearer	28:47.4
	Cindy Conant	34:38.8
2003	Leslie Wright	30:15.7
	Karen Kolobielski	38:20.3
2002	Reuben Beauchamp	29:40.5
	Chris Coffin	37:32.5
2001	Reuben Beauchamp	28:50.4
	Leslie Bartoshesky	37:29.9
2000	Rick Poppleton	31:02.0
	Leslie Bartoshesky	36:40.1
1999	Reuben Beauchamp	29:24.9
	Leslie Bartoshesky	36:49.1
1998	Reuben Beauchamp	28:23.0
	Leslie Bartoshesky	37:01.1
1997	Joe Link	28:15.1
	Jeri Myers	37:23.1
1996	Joe Link	28:19.2
	Beverly Palmer	38:17.4
1995	Joe Link	28:31.0
	Sue Sherwood	39:08.1
1994	Joe Link	28:38.1
	Pauline Porter	42:09.7

<u>MALE</u>		
1.	Mike Monagle	25:51
2.	Matthew Demlein	25:54
3.	Greg Cauller	26:15
4.	Leslie Wright	26:43
5.	Larry Levy	26:51
6.	Michael Wardian	26:53
7.	Mark Amway	26:54
8.	Jim Griffith	27:03
9.	Brian Davis	27:20
10.	Donovan Anderson	27:26

MASSER TOP 10 RUNNERS

****Course Records****

<u>FEMALE</u>		
1.	Vicki Boyer	30:25
2.	Emily Forrey	31:18
3.	Cari Johnson	32:02
4.	Cindy Conant	32:27
5.	Bettina Haskell	32:43
6.	Dianna Golden	33:08
7.	Johanna Mansilla	33:16
8.	Kim Kruse-Langer	33:17
9.	Cindy Price	33:27
10.	Colleen Halfpenny	33:49

MASSER AGE GROUP RECORDS

<u>MALE</u>		
Evan Mock	37:01	1997
Jake Bamforth	32:40	2010
Donovan Anderson	27:26	1996
Matthew Demlein	25:54	1999
Michael Wardian	26:53	2001
Mike Monagle	25:51	2004
Greg Cauller	26:15	1997
Mark Amway	26:54	2005
Joe Link	28:15	1997
Reuben Beauchamp	28:23	1998
Reuben Beauchamp	29:40	2002
Francisco Sanches	33:56	2002
Rex Enos	39:16	1996
Mike Bertolini	39:14	1996
Edward Green	46:29	2008
Raymond Gomez	31:21	2002

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
Clyde/Filly

<u>FEMALE</u>		
Bethany Pavlik	40:10	1996
Emily Forrey	31:18	2006
Melissa Hexter	33:53	2009
Cindy Price	33:27	1996
Vicki Boyer	30:25	1998
Kim Kruse-Langer	33:17	1996
Bettina Haskell	32:43	1996
Cindy Conant	32:27	2005
Cindy Conant	32:42	2008
Cindy Conant	33:25	2011
Kathy Wool	39:54	2010
Priscila Prunella	38:59	2004
Joann Szczepkowski	40:58	2011
Jamie Wollard	56:26	2008
Karla Eisch	36:47	2002