



mail applications to: SEASHORE STRIDER RACING SERIES, P. O. Box 99, Nassau, DE 19969  
 Please Include the "NAME OF EVENT" on the Outside of the Envelope...Thank You!

## S.S.R.S. OFFICIAL ENTRY FORM

Print Clearly and Sign Waiver - Application can be Photocopied if Needed

NAME OF EVENT \_\_\_\_\_ Check if running as a "Clydesdale/Filly" \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: \_\_\_\_\_ M \_\_\_\_\_ F

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ PLEASE CIRCLE T-SHIRT SIZE: YL SM MD LG XL XXL\*

PHONE # \_\_\_\_\_ E-MAIL \_\_\_\_\_ ENTRY FEES: \_\_\_\_\_ \$20 PRE-REG. \_\_\_\_\_ \$25 RACE DAY

Seashore Strider members receive a \$2.00 per event "pre-registration" discount on all 13 of the Seashore Strider Series events. The discount **DOES NOT** apply on race-day registrations! The S.S.R.C. discount **DOES NOT** apply to the following:  
 #1-Masser Kids Races 5/27 & #14-Last Blast 5K 9/1.

\*FOR XXL, ADD \$2.00\*

### EVENT WAIVER/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 complete the event. 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 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, waive and release the following: The Seashore Strider Running Club, The Seashore Strider Racing Series, Masser Systems Inc., Road Runners Club of America, USATF, USACFRF, The City of Rehoboth, Lewes, Millsboro, The State of Delaware, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I understand and waive even though that liability may arise out of or 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 \_\_\_\_\_

PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_  
 (If under 18, without parent consent, participant will not be allowed to enter)

**MAKE CHECKS OUT TO: "SEASHORE STRIDER RACING SERIES" or "S.S.R.S."**

ROAD RUNNERS CLUB OF AMERICA INSURANCE AND S.S. SERIES GUIDELINES WILL BE IN EFFECT AT EACH EVENT

ALL PARTICIPANTS MUST BE REGISTERED. "BANDITS" WILL BE ASK TO LEAVE THE COURSE. UNREGISTERED INDIVIDUALS CANNOT INTERFERE WITH AN ENTERED PARTICIPANT, SUCH AS RUNNING A SECTION OF COURSE OR "AIDING THE RUNNER". PLEASE DON'T GO THROUGH THE FINISH LINE & CHUTE WITHOUT A REGISTERED NUMBER. NUMBERS MUST HAVE BOTTOM TEAR OFF SECTION ATTACHED WHEN YOU CROSS THE FINISH LINE. RACE NUMBERS ARE TO BE WORN ON THE FRONT OF PARTICIPANTS. NO REFUNDS WILL BE ISSUED, HOWEVER CREDITS TOWARD A FUTURE EVENT ARE GRANTED. NO IPODS, HEADSETS, ANIMALS, ROLLER BLADES OR BABY JOGGERS/STROLLERS PERMITTED ON COURSE. RACE DIRECTOR RESERVES THE RIGHT TO REJECT RACE ENTRY.

## **SEASHORE STRIDER RACING SERIES**

Designed by: Tim Bamforth    Scheduling & Editing Work: Lee Masser  
 Running & Racing at the Beach with Seashore Striders.com