



1st Annual Sundance 5 K Run, Mile Walk or Sashay!

Sunday, August 29, 2010 7:30 AM start

Venue: CAMP Rehoboth Community Center, 37 Baltimore Avenue, Rehoboth Beach, DE 19971

Course: Scenic course starting in downtown Rehoboth Beach at CAMP Rehoboth. Rain or Shine

Registration: \$20 5k pre-registration postmarked by Saturday August 21st... mail entry early!!!!!!
 \$25 5k August 21st - on race day. Race Day registration from 6:00 – 7:15 am at Camp Rehoboth
Sleepwalker Registration Option: If you'd rather dream about running, \$25 to stay in bed, no sweat and contribute to the good work of CAMP Rehoboth Community Center.
 Register by Mail 1/checks to: CAMP Rehoboth, 2/Envelope addressed to: Sundance 5K; Seashore Striders, P.O. Box 99; Nassau, DE 19969 Register online at <http://www.active.com/>

Schedule: 6:00 – 7:15 am packet pickup/race day registration, 7:30 start of 5K, Advance packet pickup on the day prior, August 28, at the CAMP Rehoboth Community Center from 4:00 – 6:00 PM).

Awards: Prizes will also be given to the top 'Overall' finishers, Masters, as well as the top three finishers in nine age groups 9 & U - 70 & O. Whether you're a serious runner, a power walker, or want to dress like a diva and sashay away, there will be something for everyone. It will also feature a 1-mile "FUN" walk, where creativity and costumes are encouraged as prizes will be awarded in several categories.

Amenities: **Performance T-shirts** guaranteed to the first 200 Pre-Registered runners only (or while supplies last), refreshments, & plenty of running fun!

Results: Computerized timing, results will be available on site and website: <http://www.seashorestriders.com>

Benefit: Celebrating its 20th Anniversary this year, CAMP Rehoboth is a 501(c)(3), nonprofit community service organization dedicated to creating a more positive environment in Rehoboth Beach and its surrounding communities. Its mission is to promote cooperation and understanding among all people, while working to build safe, inclusive communities with 'room for all. Proceeds will go to support the CAMP Rehoboth Community Center <http://www.camprehoboth.com/>

Parking: Free parking race morning until 10 AM. After 10 AM pay meters and in the non-metered areas where a parking permit is required daily. Please arrive early as Rehoboth traffic is heavy in summer.

Director: Tim Bamforth - Seashore Striders Race Productions, tel. (302) 644-8952 email: tim@seashorestriders.com, and assisted by many great volunteers making this event a huge success.

GET INVOLVED! For information on sponsorship opportunities or to volunteer contact Chris Beagle at 302-226-9264 or Andy Staton at (302) 703-7070. Joey Kwit at 646-271-4813. Or by email at: sundance5K@gmail.com



David Binder Research
 Natalie B Moss, CPA (MD), EA(DE)

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Event: Sundance 5 K Run, 1 Mile Walk or Sashay!

Name: _____ **Age:** _____ **Sex:** M F

Street address: _____ **T-shirt (circle):** SM, MD, LG, XL,

City/State/Zip: _____ **Event(circle one):** 5k run 1 Mile walk Sleepwalker

Phone: _____ **Payment (circle):** cash, or check, for cc goto www.active.com

E-Mail: _____ **Amount(circle):** postmark 8/21 pre: \$20 Day: \$25

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, CAMP Rehoboth, The State of Delaware and all sponsors, their representatives and successors from claims arising from my participation in this event though that liability may arise out of carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____ **Official use only**

Parent Signature (under 18): _____ **Date:** _____ **BIB:** _____