



# CHAD'S RUN



3rd Annual  
Memorial 5K Run & 1mi Walk

In Honor of Lance Corporal Chad Clifton, local marine killed in Iraq

WHEN.....Saturday July 26, 2008 7:30 am (Rain or Shine)

WHERE.....Cape Henlopen High School- Kings Highway; Lewes, DE

REGISTRATION...\$15.00 pre-registration fee through Friday July 25<sup>th</sup>, 2008  
\$20.00 race day registration from 6:30 a.m. - 7:20 a.m.  
Register online at [www.active.com](http://www.active.com)

AWARDS.....Presented to the male/female 5K Overall Champions, as well as the top three finishers in 14 age groups from 9 & under to 70 & over.

AMENITIES: T-shirts guaranteed to the first 150 registered, water stop and refreshments provided. Timing and finish line by Seashore Striders Event Production Inc. Post-race award ceremony at Cape Henlopen High School.

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952,  
[runningandracing@seashorestrider.com](mailto:runningandracing@seashorestrider.com) [www.seashorestriders.com](http://www.seashorestriders.com)



RACE INFORMATION – CALL (302) 644-8952

Mail entry form/payment to: “Chad’s Run 5k”; P.O. Box 99; Nassau, DE 19969  
Make Checks Payable to: “Seashore Striders”

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Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_M\_\_\_F

Address: \_\_\_\_\_ City \_\_\_\_\_

State: \_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_ T-shirt \_\_\_SM\_\_\_MD\_\_\_LG\_\_\_XL

Check which Race: \_\_\_\_\_ 5K Run \_\_\_\_\_ 1 mi 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 Seashore Striders Running club, Jungle Jim's, The City of Rehoboth, 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: \_\_\_\_\_

\*\* A SEASHORE STRIDER CHAMPIONSHIP SERIES EVENT \*\*