



25th ANNUAL



# THE DAM MILL 5K

Sponsored by Mountaire, Tidewater Utilities, and Froggy 99.9 as part of the Big Thursday Festival, directed by Seashore Striders, with financial ben... to the Greater Millsboro Chamber of Commerce.

**COURSE:** A 3.1 mile, T.A.C. certified, shady "out & back" course. Splits at 1 and 2 miles. 2 water stops. Hose downs enroute provided upon request. Police patrolled roads.

**DAY & TIME:** Rain or shine on Saturday, August 9, 2008, at 7:30 a.m. sharp.

**PLACE:** Start and finish at Cupola Park.

**ENTRY:** Race day registration at the park from 6:30 a.m. to 7:15 a.m. Pre-race registration fee is \$15.00. Race day fee is \$20.00. Deadline for pre-race entry is August 7, 2008. Tanks are guaranteed to the first 200 entrants.

**DIRECTIONS:** Take Rt. 24 east of Rt. 113 at Millsboro (Rt. 24 and Main Street are the same). Make a right on State Street at the traffic light. Take a left on Morris Street and follow this street into Cupola Park. Race signs will be posted.

**AWARDS:** Awards will be presented to the top 3 runners in each age group, both male and female. Overall Champion, Second Overall and Overall Masters will receive awards. Age groups are as follows: 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 & O.

### "A SEASHORE STRIDER FEATURED CLYDESDALE EVENT"

Top 3 Clydesdale (200+) and Filly (150+) runners will be presented with awards.

### SAFE RUNNING RULES OF THE ROAD

1. Stay to the should of the road at all times.
2. Police officers will direct traffic at all major intersections. Obey their directions.
3. Be sure to drink liquids as needed.

Plenty of refreshments will be provided for all runners. There will be random drawings for prizes from area merchants. Restrooms are available on park premises. Enjoy Big Thursday in Millsboro on August 14, 15, and 16<sup>th</sup>.

Course Record Male: 15:01.6, Aaron Price 1998

Course Record Female: 17:34.7, Carole Schultze, 1992

### 2008 OFFICIAL ENTRY FORM

Make checks payable and mail entry form to:  
Online registration at: [www.active.com](http://www.active.com)

Seashore Strider Event Production, Inc.  
c/o DAM MILL 5K P.O. Box 99  
Nassau, DE 19969 (302) 644-8952 Strider Hotline

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ T-shirt Size \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL

Check if you are running \_\_\_ Clydesdale \_\_\_ Filly

#### Race Waiver

*In consideration of the entry being accepted, I, intending to be legally bound, hereby, for myself, my heirs, executors, administrators, waive and release any and all I may have against the organization holding this event, representatives, successors, and assigns, for any and all injuries by me or said race.*

Signature \_\_\_\_\_ Date \_\_\_\_\_