

5K SPLASH



WHEN.....SATURDAY June 28, 2008 7:30 a.m. (Rain or Shine)

WHERE.....Jungle Jim's; 8 Country Club Rd.; Rehoboth Beach, DE 19971; 227-8444

REGISTRATION...\$15.00 pre-registration fee through Friday July 27, 2008
\$20.00 race day registration from 6:30 – 7:30 a.m.
Register online at www.active.com

AWARDS.....Presented to the male/female 5K Overall and Master 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 200 registered, water stop and refreshments provided, timing and finish line by Seashore Striders Race Productions. Post race award ceremony & SPLASH at Jungle Jim's.

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952, runningandracing@seashorestrider.com www.seashorestriders.com

RACE INFORMATION – CALL (302) 644-8952

Mail entry form/payment to: Jungle Jims 5k; P.O. Box 99; Nassau, DE 19969
Make Checks Payable to: "Seashore Striders"

-----TEAR HERE-----TEAR HERE-----

Name: _____ Age _____ Sex ___M___F

Address: _____ City _____

State: ___ Zip _____ Phone # _____ T-shirt ___SM___MD___LG___XL

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: _____

