

produced by the Seashore Strider Event Production, Inc.

26th Annual

Y.M.C.A. 5 MILER & 1 mile walk

1983 – 2008



ALL PROCEEDS BENEFIT THE SUSSEX FAMILY Y.M.C.A.

WHEN: Sunday; JULY 27, 2008 @ 7:30 a.m.

WHERE: Deauville Beach; REHOBOTH BEACH, DELAWARE

DISTANCE: 5 mile Run (5.0 Miles) 1 Mile Fun Run/Walk

REGISTRATION: \$15 > Friday, July 27th; \$20 race day from 7-7:50 a.m.
For applications and more info go to www.seashorestriders.com
register online at www.active.com **REGISTER EARLY!!

AWARDS: Presented to Overall and Master Champions and to the top 3 in the following 14 age groups: 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

AMENITIES: T-shirts guaranteed to the first 150 registered, water stops and refreshments provided, timing / finish line by Seashore Strider Race Productions.

RACE DIRECTOR: Tim Bamforth of the Seashore Striders; **Race Hotline: 302- 644-8952**

Tear Here

NAME: _____ AGE: _____ SEX : ___ M ___ F

Address: _____

City: _____ State: _____ Zip: _____

Phone # _____ E-Mail _____

T- Shirt: ___ SM ___ MD ___ LG ___ XL Please Check: ___ 5M Run ___ 1 Mile Walk

Make checks payable to: "SEASHORE STRIDERS"

Release or Liability

Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release the Seashore Striders, Masser Systems, The Town of Rehoboth, The Sussex Family YMCA, and all sponsors from any claims arising from my participation in this event. We also hold right to display any and all photographs.

SIGNATURE: _____ DATE: _____

Mail entry form to: SEASHORE STRIDERS/YMCA 5 Miler; P.O. Box 99; Nassau, DE 19969

** A SEASHORE STRIDER CHAMPIONSHIP SERIES EVENT **