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**RUNNING & RACING AT THE BEACH**

**4 SERIES, 3 STATES, 17 CITIES, 53 EVENTS, 1 HEALTHY GOOD TIME**

***27th  2017 SEASHORE STRIDER SUMMER CHAMPIONSHIP SERIES***

***Sunday, May 28th – 7:30 a.m. 24th Masser 5 Miler(#) Lewes, DE***

***Saturday, June 3rd – 7:30 a.m. 1st Inaugural Doug Strong 5k Lewes, DE***

***Sunday, June 4th – 7:30 a.m. 8th RB 5k Run 4 Economics Rehoboth, DE***

***Saturday, June 10th – 8:00 a.m. 14th DFRC Blue-Gold 5k & 1m walk Lewes, DE***

***Sunday, June 18th – 7:30 a.m. 27th Fathers Day 5k Rehoboth, DE Saturday, June 24th – 7:30 a.m. 13th Jungle Jim’s 5k Splash  Rehoboth, DE***

***Sunday, June 25th – 7:30 a.m. 22nd Bill Degnan Friendship 5k Lewes, DE***

***Saturday, July 1st – 7:30 a.m. 27th Beachpaper FC 5k & 5k walk Rehoboth, DE***

***Saturday, July 15th – 7:30 a.m. 10th Race for the Ribbon 5k  Rehoboth, DE***

***Sunday, July 16th – 7:30 a.m. 35th Seashore 5 Mile Run Rehoboth, DE***

***Sunday, July 23rd – 7:30 a.m. 20th Run for J.J. 5k & 5k walk($) Rehoboth, DE***

***Saturday, July 29th – 7:30 a.m. 34rd Dam Mill 5k Millsboro, DE***

1. ***Saturday, August 5th – 8:00 a.m. 9th Run for the Paws 5k & walk Dewey Beach, DE***
2. **CHAMPIONSHIP SERIES RULES**
3. To become a qualifier of the Seashore Strider Championship Series one must complete any five (5) of the eleven series 5K events as well as one (1) of the two series five-mile events. If you complete more than these six (6) events, your best five 5Ks and your best 5-miler will be used for your final place within your age group, computations courtesy of Masser Systems Inc. Awards will be presented to the overall champions, the top five finishers in the following age categories: 9 & Under, 10-13, 14-19, 20-24, then 5-year age groups through 100+, and to all series qualifiers. Special awards also will be presented to those who complete all thirteen (13) of the Championship Series races. Championship Series awards will be provided by Masser Systems, Inc.
4. All finishers are automatically entered into the Championship Series. There is not an entry fee for the Championship Series.  *(#)=Official 2017 U.S.A.C.F.R.F. Delaware Clyde/Filly 5m State Championship ($)=Official 2017 U.S.A.C.F.R.F. Delaware Clyde/Filly 5K State Championship*

***3rd  2017 IRISH EYES 6-PACK RACE SERIES***

1. **Sunday, April 9th – 8:00 a.m. 8th Seashore Classic ½ Mar, 5k, Relay Lewes, DE**
2. **Saturday, May 13th – 9 a.m. 9th Mothers Day Remembrance 5k Lewes, DE**
3. **Saturday, June 3rd – 7:30 a.m. 1st Inaugural Doug Strong 5k Lewes, DE**
4. **Saturday, June 10th – 8:00 a.m. 14th DFRC Blue-Gold 5k & 1m walk Lewes, DE**
5. **Saturday, June 17th – 8:00 a.m. 7th Irish Eyes 5k Dash Milton, DE**
6. **Sunday, June 18th – 7:30 a.m. 27th Fathers Day 5k Rehoboth, DE**
7.
8. **(Participants must finish all six(6) IE 6-Pack Events to be eligible for 6-Pack Series Awards to be presented at Last Blast 5k)**

***7th  2017 TRIPLE CROWN RACE SERIES***

**Friday, June 16th – 7:00 p.m. 14th Georgetown Library 5k & 1m walk Georgetown, DE**

1. **Saturday, June 17th – 8:00 a.m. 7th Irish Eyes 5k Dash Milton, DE**
2. **Sunday, June 18th – 7:30 a.m. 27th Fathers Day 5k Rehoboth, DE**
3. **(Participants must finish all three(3)Triple Crown Events to be eligible for Triple Crown Awards to be presented at Jungle Jim’s 5k)**
4. ***Hotline- 302.644.8952*** [***www.seashorestriders.com***](http://www.seashorestriders.com) ***Race Director- Tim Bamforth***
	* + - 1. ***(Updated through 3/1/17)***

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***1st  2017 STRIDER TRAIL RUN SERIES***

**Saturday, March 19th – 9 a.m. \* 11th Shamrock Shuffle 15k & 5k Rehoboth, DE**

1. **Sunday, March 29th – 10 a.m. \* 23rd Fools Prediction Challenge 3-6 miles Lewes, DE**
2. **Sunday, April 2nd – 9 a.m. \* 5th Oy Vey 5k Run & Walk Rehoboth, DE**
3. **Thursday, April 6th – 4 p.m. \* 1st Inaugural Raven Senior Classic 5k Georgetown, DE**
4. **Saturday, May 20th - 9 a.m. \* 16th Scamper for Paws & Claws 5k Run/Walk Felton, DE**
5. **Sunday, May 21st – 9:30 a.m. \* 5th Wild “Goose” Chase 5k Laurel, DE**

**Saturday, Sept. 23rd - 9 a.m. \* 6th East Coast Garden Center Corn Run 5k Millsboro, DE**

1. **Sunday, Oct. 15th - 8 a.m. \* 4th Herring Point 5k & 10k Lewes, DE**
2. **Sunday, Oct. 22nd - 1 p.m. \* 16th Mariners Bethel Trail 7m/5k Bethany, DE**
3. **Saturday, Nov. 4th – 12 p.m. \* 3rd HAC Alumni 5k Run/walk Felton, DE**
4. ***(\*) = Trail Series = 10 Events on a type of off-road trail…Complete 8 of the 10 and win a FREE Trail Series Polo presented at the 11/25 Pumpkin 5k***

***2017 SEASHORE STRIDER NON-SERIES EVENTS***

**Tuesday, January 17th - 6 a.m. 4th PICS-AICS 5k Run & Walk Miami Beach, FL**

**Sunday, February 12th - 10 a.m. 12th Valentines Day 5k Run & 1m walk Lewes, DE**

**Saturday, March 5th - 9 a.m. 14th Tim Kennard 10m/5k Salisbury, MD**

**Sunday, March 12th - 9 a.m. 7th Pumped for Pets 5k, 10k, 15k Chester, MD**

**Saturday, March 18th - 9 a.m. 10th St. Patrick’s 5k & 10k Denton, MD**

1. **Saturday, April 1st – 9 a.m. 4th Kim Miller 5k Georgetown, DE**
2. **Saturday, April 8th - 1 p.m. 3rd Georgetown Middle Run For Color 5k Georgetown, DE**
3. **Saturday, April 8th – 9 a.m. 6th Race For The Cure 5k Ocean City, MD**
4. **Saturday, May 6th – 9 a.m. 1st Inaugural Run for Recovery Run & Walk Lewes, DE**
5. **Saturday, May 27th – 7:30 a.m. J.W.J. 5k Run & 3k Walk Bethany, DE**
6. **Sunday, June 11th – 8:00 a.m. 6th Colonial Challenge 12k/5k Preston, MD**
7. **Sunday, July 2nd - 8:00 a.m. 27th Dave Reynolds Swim/Run Biathlon Rehoboth, DE**
8. **Sunday, August 20th - 8 a.m. 3rd RBVFC Fire Fightin’ 5k Run/walk Rehoboth, DE**
9. **Saturday, Aug. 26th – TBA…Stay Tuned**
10. **Sunday, Aug. 27th – 8 a.m. 8th Sundance Land & Sea 5k, 1m w, Biathlon Rehoboth, DE**
11. **Saturday, Sept. 2nd – 7:30 a.m. 27th Last Blast Prediction 5k Rehoboth, DE**
12. **Thursday, Sept. 7th - 6 p.m. 4th Run, White & Blue 5k Run & 1m walk Georgetown, DE**
13. **Sunday, Sept. 10th – 8:30 a.m. 14th Cannonball 5k Run & 1m walk Lewes, DE**
14. **Sunday, Sept. 24th – 9 a.m. 12th Dogfish Dash 8k Run Milton, DE**
15. **Friday, Sept. 29th – 5:30 p.m. 10th Run for Betty Dolphin Dash 5k Run/walk Lewes, DE**
16. **Saturday, Sept. 30th - 12:00 p.m. 3rd Paradise Grill Crushing Cancer 5k Long Neck, DE**
17. **Saturday, Oct 21st - TBA…Stay Tuned**
18. **Sunday, Oct. 29th – 9 a.m. 28th Seawitch Fall 5k Classic Rehoboth, DE**
19. **Sunbday, Nov. 12th - TBA…Stay Tuned**
20. **Saturday, Nov. 25th – 9 a.m. 8th Huffin’ for Pumpkin Pie 5k & 1m walk Rehoboth, DE**
21. **Sunday, Nov. 26th – 9 a.m. 15th Sea Colony Turkey Trot 5k Run Bethany, DE**
22. **Saturday, Dec. 2nd – 7 a.m. 10th Seashore Marathon & ½ Marathon Rehoboth, DE**
23. **Sunday, Dec. 10th – 10 a.m. 12th Run with Santa 5k Lewes, DE**
24. **Saturday, Dec. 31st – 12 p.m. 15th Race into the New Year 5k Rehoboth, DE**
25. *Please be safe, double check race day, time & location as events have been subject to change*
26. ***Hotline- 302.644.8952*** [***www.seashorestriders.com***](http://www.seashorestriders.com) ***Race Director- Tim Bamforth***
27. ***Find us on* *SEASHORE STRIDERS RUNNING***