



**SEASHORE STRIDER
EVENT PRODUCTION**
P.O. BOX 99 NASSAU, DE 19969

**SEASHORE
STRIDERS**
Presents the 4th annual

SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.

TangerOutlets

TCBY

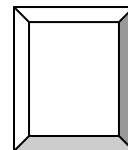
register online at
active.com

Inclind Inc.
Internet Professionals



RoadID.com

KLABE HOMES



ST. PADDY'S

5K & 15K
& 1/4 mile Youth Race

**SHAMROCK
SHUFFLE**

*Breakwater Junction Trail
Cape Henlopen State Park
Rehoboth Beach
DELAWARE*

6-PACK TRAIL SERIES EVENT

**Sunday, March 14, 2010
9:00 a.m.**

SEASHORE STRIDERS
EVENT PRODUCTIONS, INC.

RACE INFORMATION

WHEN: Sunday, March 14, 2010

WHERE: Breakwater Junction Trail
Cape Henlopen State Park
Rehoboth Beach, DELAWARE
(Behind the BOSE Outlet Store)

DISTANCE: 5k - 3.11 miles
15k - 9.3 miles
1/4 mile youth race (12y & u)

REGISTRATION:

\$15 5K Pre-Registration through 3/12/10
\$20 5K Race-Day from 7:30 - 8:45 a.m.
\$20 15K Pre-Registration through 3/12/10
\$25 15K Race-Day from 7:30 - 8:45 a.m.
1/4 mile Kid's Race- Free (no shirt)
Register Online at www.active.com

AWARDS:

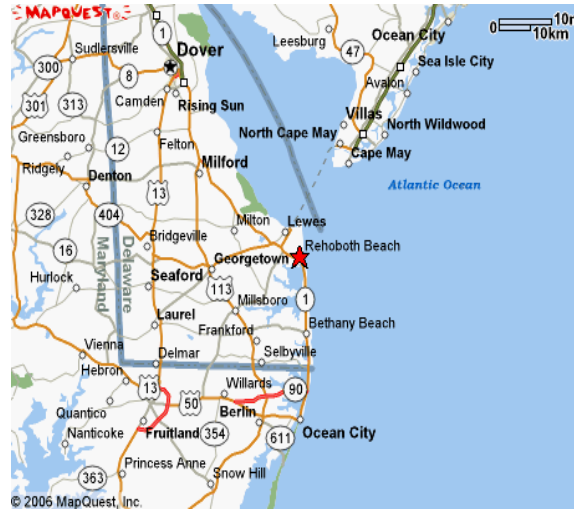
Overall Male & Female Champions- 5k / 15k
Master Male & Female Champions- 5k / 15k
Top 3 Finishers in the following age groups:
5k... 9 & U, 10-13, 14-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70 & O
15k... 19&U, 20-29, 30-39,
40-49, 50-59, 60-69, 70&O
1/4m youth race...medals to top finishers

AMENITIES:

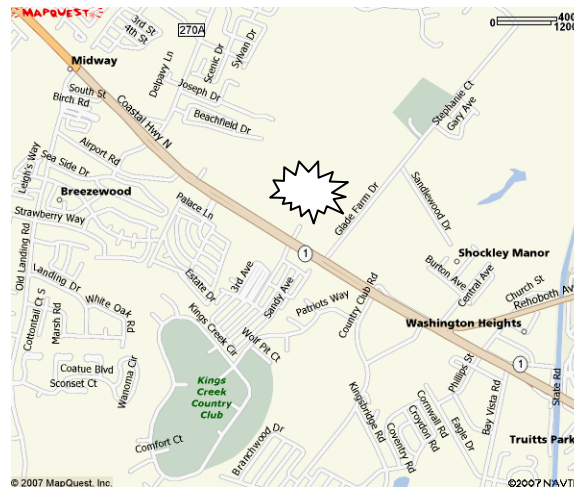
Custom designed Short Sleeve T-Shirts guaranteed to all pre-registered runners, mile marks, water stops, display clock, Finish line by the Seashore Strider Event Production, Inc.

**SEASHORE STRIDER
EVENT PRODUCTION**

Where is Rehoboth Beach ??



Where is the Start / Finish ??



register online at
active.com

REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ M _____ F _____

AGE ON RACE DAY _____

___15K ___5K ___1/4 mile youth race

TELEPHONE _____

E-MAIL _____

T-SHIRT: ___YLG
___SM; ___MD; ___LG; ___XL

RELEASE OF LIABILITY

Having read his waiver, I, for myself and anyone on my behalf waive and release the Seashore Strider Event Production Inc., The Town of Rehoboth Beach, Tanger Outlet Center, Cape Henlopen State Park & all sponsors from any claims arising from my participation in this event.

SIGNATURE _____ DATE _____

PARENT SIGNATURE IF UNDER 18 YR _____

PLEASE COMPLETE THIS FORM AND MAIL IT TO:

**SEASHORE STRIDERS
ST. PADDY'S SHUFFLE
P.O. BOX 99
NASSAU, DE 19969**

FOR MORE RACE INFORMATION, PLEASE CALL
THE SEASHORE STRIDER RACE HOTLINE AT:

302-644-8952

OR VISIT WWW.SEASHORESTRIDERS.COM