

# Cannonball Race 5K & Trenny Elliott Memorial Walk

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Email \_\_\_\_\_  
 Age \_\_\_\_\_ Male or Female? \_\_\_\_\_  
 Phone \_\_\_\_\_

## Emergency Contact Information:

Name \_\_\_\_\_  
 Phone \_\_\_\_\_

## Select your event:

- ☐ Cannonball Race 5K  
☐ Trenny Elliott Memorial 5K Walk  
☐ 1 Mile Fun Walk

Pre-registration Fee      \$20.00  
 Race Day Fee                \$25.00

## T-Shirt Size (select 1):

Uni-Sex Shirts: -OR- Women's Cut:  
 Youth Large ☐ ☐  
 Adult Small ☐      Adult Small ☐  
 Adult Medium ☐      Adult Medium ☐  
 Adult Large ☐      Adult Large ☐  
 Adult XL ☐      Adult XL ☐  
 Adult XXL ☐+\$2      Adult XXL ☐+\$2

+ Additional Donation for  
 The Lewes Historical Society \$ \_\_\_\_\_

Event Total Due                \$ \_\_\_\_\_

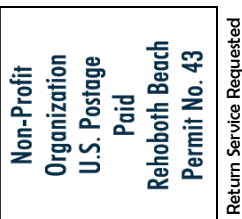
Please make checks payable to The Lewes Historical Society, sign the waiver on the reverse side, and mail this registration form with appropriate fees and any

additional donations to:

Seashore Striders  
 c/o Cannonball Race  
 P.O. Box 99

Nassau, Delaware 19969

or register online at [www.HistoricLewes.org](http://www.HistoricLewes.org)



**Cannonball Race 5K  
& Trenny Elliott Memorial Walk**  
 Seashore Striders  
 P.O. Box 99  
 Nassau, Delaware 19969



# 2016

## Cannonball Race 5K & Trenny Elliott Memorial Walk



A 5K Race to support  
 The Lewes Historical Society  
 September 11, 2016  
 8:30 am  
[www.HistoricLewes.org](http://www.HistoricLewes.org)

## Run or Walk the 13th Annual Cannonball Race!

The 5K Run, 5K Walk and 1 Mile Fun Walk begins and ends at The Lewes Historical Society's Historic Campus. The race runs by some of Lewes's most historic and beautiful homes, vistas and streetscapes. Second Street, Bank Street and Pilottown Road are included in what many have called, "The Most Beautiful Race Course in Delaware."

Enjoy the beautiful race course, refreshments by Nectar Cafe & Juice Bar at the Campus following the race, and the best awards in Delaware- hands down! Wooden Cannonballs are fashioned for the 1st place winners in each category, as well as medals for 2nd & 3rd place winners, and special awards for Overall and Masters Champion.

Visit the Society's nationally acclaimed grounds, enjoy the streets of one of America's Dozen Distinctive Destinations, and support the Society. With your help we can pass Lewes's special qualities down to future generations!

**Award Ceremony & Post-Party  
to be held at  
The Lewes Historic Campus  
with refreshments by:**



Special thanks to Championship Sponsor:



**Beautiful race course!  
5-Year Age groups!  
Tech t-shirts!  
Chip timing!**



## Cannonball Race Information

When: Sunday September 11, 2016  
8:30 AM (Rain or Shine)

Where: The Lewes Historic Campus- Street parking available behind the Campus, Third Street, 1/2 block past Shipcarpenter Street. Race ends at Lewes Historic Campus.

Distance: 5K Run, 5K Walk and 1 mile walk

Registration: Pre-registration: \$20  
Race day: \$25 7:30-8:25 AM at the Lewes Historic Campus, 110 Shipcarpenter St, Lewes, Delaware.

Awards: Presented to Overall and Masters Champions, top 3 in 14 age groups from 9 & up to 70+

Please sign & fill out application on reverse.

### WAIVER

I know that competing in a 5K race can be a hazardous activity. I should not enter unless I am medically able or properly trained.

Having read this waiver, I for myself and anyone acting on my behalf, waive The Lewes Historical Society, the Seashore Striders, the City of Lewes, the State of Delaware and all sponsors from all claims and liabilities resulting from my participation in this event.

**Signature:**

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