



RUN, WHITE & BLUE

5K RUN/1MI WALK

ALL PROCEEDS BENEFIT DELAWARE TECHNICAL COMMUNITY COLLEGE OWENS CAMPUS
SCHOLARSHIPS FOR VETERANS AND FIRST RESPONDERS

POST-RACE COOKOUT ★ FAMILY FRIENDLY FUN AND GAMES

SEPT.
7
2023

5K RUN/1MI WALK REGISTRATION

5 p.m. ★ Student Services Center

WARM-UP

5:30 p.m. ★ Student Services Center Patio

5K RUN/1MI WALK RACE START

6 p.m. ★ Start Line

\$25 Adults (*Until Sept. 5, at 6 p.m.*)

\$10 All Students, Military,
Veterans, and First Responders
(*Until Sept. 5, at 6 p.m.*)

\$25 Silent Marcher (Donation)

\$30 All Late Registration
(*After Sept. 5, at 6 p.m.*)



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- WHEN:** Thursday, Sept. 7, 2023 • 6 p.m. • Rain or Shine
Registration begins at 5 p.m. - Race begins at 6 p.m.
- WHERE:** Delaware Tech, Jack F. Owens Campus • Student Services Center Flagpole
- REGISTRATION:** **Adults: \$25** (Until Sept. 5, 2023, at 6 p.m.)
Silent Marcher: \$25 (Stay home and we'll send you a shirt!)
Students, Veterans, Military, and First Responders: \$10 (Until Sept. 5, 2023, at 6 p.m.)
All Late Registration: \$30 (After Sept. 5, 2023, at 6 p.m.)
Children under 5 are FREE! (Complete Registration Form)
- AWARDS:** Presented to overall winners and age category winner.
- AMENITIES:** T-shirts and celebration after race guaranteed for all pre-registered runners and walkers.

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Three EASY ways to REGISTER

- 1 Register online at seashorestriders.com.
- 2 Complete entry form, enclose payment (payable to Delaware Tech), and mail to Seashore Striders, 9 Gander Lane, Lewes, DE 19958.
- 3 Bring entry form and payment on race day before 6 pm.

Name: _____

☐ Adult ☐ Student ☐ Military/Veteran/First Responders ☐ Silent Marcher

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Age (Day of race): _____ Sex: _____

T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 5K Run ☐ 1mi Walk Payment amount \$ _____ ☐ Cash ☐ Check

Signature _____

Parent signature if under 18 years old