



2nd Annual DQ DASH for FIREWORKS!

5K Race / 1 Mile Fun Walk

Proceeds benefit Go Fourth! Lewes DE Fireworks 2019

- When:** FRIDAY, MAY 17, 2019 at 6:15pm
- Where:** Lewes Beach Dairy Queen, 107 E Savannah Road, Lewes, DE
- Registration:** \$22 pre-registration fee through Wednesday, May 15, 2019 at 6pm
 \$25 race day registration from 4:45pm - 6pm
 Register online by visiting seashorestriders.com
- Awards:** Presented to male/female 5K Overall and Master Champions as well as the top three finishers in 10 (10yr) age groups from 9 & under to 80 & over
- Amenities:** Short Sleeve T-shirts guaranteed to pre-registered participants; DQ treats & other refreshments, custom made awards for those who place; timing and finish line by Seashore Striders Race Production, Inc.
- Race Director:** Tim Bamforth - Seashore Strider Race Productions 302-644-8952
runningandracing@seashorestrider.com www.seashorestriders.com
 Mail entry form / payment to: Seashore Striders; c/o DQ Dash
 P.O. Box 99, Nassau, DE 19969
 Make checks payable to: Seashore Striders

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Name: _____ Age: _____ Gender M F

Address: _____ City: _____

State: _____ Zip: _____ Phone# _____

T-Shirt SM MD LG XL
 Ladies SM MD LG XL
 Youth SM MD LG

I know that running a race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able properly trained. I agree to abide by any decision as a race official relative to my ability to safely compete and run/walk. I assume all risks associated with running in this event including but not limited to: falls. Contact with other participants, the effects of the weather, including cold, high heat and/or humidity, traffic and the conditions of the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waiver and release: The Seashore Striders, Seashore Strider Event Production Inc, Diehl Ventures LLC, Dairy Queen, The State of Delaware and all sponsors, their representatives and successors from arising from my participation in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Parental Signature: (Under 18) _____ Date: _____



SEASHORE STRIDER EVENT PRODUCTION, INC