



# 3<sup>rd</sup> Annual DQ DASH

## for FIREWORKS! 5K Race / 1 Mile Fun Walk

Proceeds benefit Go Fourth! Lewes DE Fireworks 2021

When: Sunday, April 25, 2021. @ 9 am

Where: Lewes Beach Dairy Queen, 107 E Savannah Road, Lewes, DE

Registration: \$22 pre-registration fee through Sunday, April 18, 2021  
\$25 race week registration from Monday 19<sup>th</sup> – Saturday 24<sup>th</sup> at 6 p.m.  
Register online by visiting [seashorestriders.com](http://seashorestriders.com). No Race Day Registration as of Feb. 24<sup>th</sup>

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 through Sunday 4/18; Race-Week T-Shirts will be ordered post-race. 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 [tim@seashorestrider.com](mailto:tim@seashorestrider.com)  
[www.seashorestriders.com](http://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  
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

