



3rd Annual Dunbar Bulldog Dash 5K and Wellness Walk

Benefitting P.L. Dunbar's Wellness Committee: providing wellness awareness for our children "one step at a time"

Laurel, Delaware

RUN / WALK

Friday, June 3, 2016

¼ mile fun run- 5:30 pm & (Rain/Shine) 5K to follow at 6:00 p.m.

WHERE P.L. Dunbar Elementary; 499 W. 6th Street; Laurel, DE

REGISTRATION 1/ Register online at www.seashorestriders.com
2/ By mail \$20.00 pre-registration fee – by May 30 @ 6 p.m.
3/ In person \$25.00 race day registration 4:30-5:45 pm
...T-shirts guaranteed to Pre-registered participants/race-day first come
DUNBAR STUDENTS FREE WITH A PAID 5K PARTICIPATING ADULT

AWARDS Presented to the male/female Overall and Master Champions as well as the top three finishers in 10 age groups from 7 & under to 70 & over.
10 age groups: 7 & U, 8-9, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

AMENITIES Short-sleeve T-shirts to all registered participants, water stop and refreshments provided, timing and finish line by Seashore Striders Race Productions. Post-race award ceremony. Race-Day T's not guaranteed.

COURSE A flat run through the scenic small town of Laurel, DE

RACE DIRECTOR Tim Bamforth- Seashore Striders Race Productions 302-644-8952, runningandracing@seashorestrider.com
www.seashorestriders.com

MAIL FORM & PAYMENT P.O. Box 99; Nassau, DE 19969
Make Checks Payable to: "Seashore Striders"

Tear Here

Event: Dunbar Dash 5K/Wellness Walk

Name: _____ Age: _____ Sex: M _____ F _____

Address: _____ T-shirt (circle): YL SM MD LG XL

City/State/Zip: _____

Phone: _____ 5k Run (circle): pre: \$20 day: \$25

E-Mail: _____ Payment (circle): cash, or check number: _____

Release of Liability: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. 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 road, 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 Strider Event Production, Inc, P.L. Dunbar Elementary, The Town of Laurel, The State of Delaware and all sponsors, their representatives and successors from claims 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: _____

Parent Signature (under 18): _____ Date: _____

Official use only

BIB: _____

SEASHORE STRIDERS
EVENT PRODUCTION, INC.