



## *Delmarva Dirt Dash*

### *5K Run - Walk - Crawl*

### *Get'ur Mud On!!*

**When:** Saturday, June 3, 2023, 9 a.m., Rain or Shine. "Last Chance" Registration opens at 7:30 a.m.

**Where:** Greenwood Mennonite School (GMS), 12802 Mennonite School Road, Greenwood, DE.

**Course:** Course length is 3.1 miles and has 18 obstacles.

**Registration:** Adults 19+ (Ind & Teams) \$40 until May 28, \$50 until June 2, \$60 event day. Students 12-18 yrs. \$30 until May 28, \$35 until June 2, \$40 event day **Must be 12 or older to participate. Participants under 16 must be accompanied by a chaperoned on the course.** Make checks payable to GMS and mail to Seashore Striders, 9 Gander Lane, Lewes, DE 19958. Questions? Contact Tim at 302-542-4536 or e-mail at [tim@seashorestrider.com](mailto:tim@seashorestrider.com). Register online at [seashorestriders.com](http://seashorestriders.com) or mail this registration form to the above address with payment. Online registration will close at 6 P.M. on June 2. Day of event registration will be available.

**Teams:** A team must consist of 4 members and all 4 members must complete the course to qualify for an award. Awards will be based off total accumulative team times. Team members will also eligible to receive individual (overall, age group) awards. **All teams must register before June 1. No event day team registration will be excepted. Team members must share same team name and submit individual entries together. \*NOTE: Team wave will start at 9 am! All Team members must be in this wave.**

**Wave Start:** Wave starts will be utilized for this event. Waves will start every 3-4 minutes beginning at 9am. We will start with the Team Wave & follow it with the Under 20 min Wave...Each wave will consist of 20-25 participants. Last wave goes off at 9:55am! Don't be late!

**Wave Start Schedule:** All fast waves (competitive) start every 3-4 minutes from 9 to 9:20am. All TEAM MEMBERS must be in the 9am wave. Casual (run - walk - crawl) waves will start every 3-4 minutes from 9:20 to 9:40am. If you think you'll be on the course longer than one hour, we suggest that you start in the 9:20am wave. Participants must complete all of the obstacles or perform 15 burpees in place of the obstacle. No Exceptions!

**Awards:** Custom awards for overall/master male champions. Top 3 male & female awards in 10-year age groups up to 70 & over. Team awards to the top 3 teams. **All participants will receive a finishers medal!**

**Amenities:** Quality "Delmarva Dirt Dash 5K" shirts to all registered participants. Results/photos will be posted at [seashorestriders.com](http://seashorestriders.com). Awards ceremony will take place on the BIG STAGE at approximately 11:30am or when last finisher crosses the line. LIVE music & post-race party will last all day!

**Benefits:** Proceeds will benefit the GMS Athletic Department with 15% to charity.

**Participants will be required to wear a Tri Tag disposable D ankle chip as well as a race number on chest.**

# DELMARVA DIRT DASH ENTRY FORM/WAIVER AND RELEASE OF LIABILITY AGREEMENT

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
(Street or P.O. Box) City, State Zip

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Check One: \_\_\_\_\_ 5K Individual Run      \_\_\_\_\_ 5K Individual Run (12-18 yrs).      \_\_\_\_\_ 5k Team Competition(4 members)

Age Day of Race: \_\_\_\_\_ Sex: \_\_\_ M \_\_\_ F      T-shirt Size: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL

Print Team Name: \_\_\_\_\_

Signature: \_\_\_\_\_  
(All participants must sign waiver – Parent signature required if participant is under 18)

In consideration for my being permitted to participate in the Delmarva Dirt Dash (the "Event") organized by Greenwood Mennonite School ("GMS"), I agree to the following Waiver and Release of Liability.

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN THE EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in the Event, and have not been advised not to participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude me or my participation in the Event. I acknowledge that this Waiver and Release of Liability will be used by, but not limited to, the Event holders, sponsors, landowners on which the Event occurs and organizers of the Event, and that it will govern my actions and responsibilities at the Event.

I hereby agree to the following:

I agree to abide by any decision of a race official.

I agree not to consume alcohol before the Event or on any property on which the Event occurs.

I understand and assume the risks of injury and that I may encounter variations in the rugged terrain.

I understand there may be inclement weather.

I agree to abide by all civil and criminal laws at all times.

I understand that no wheeled baby conveyances or other wheeled means of conveyance, or pets are permitted in the race.

I agree that all entries are final and that no refunds will be given.

I agree that GMS reserves the right to cancel the Event without refund in the event of emergency or local or national disaster.

When registering online, my online signature shall substitute for and have the same legal effect as an original form signature. I understand that participation in the Event will be denied, without refund, if my signature and the date are not signed at the time and place of the Event.

In consideration of my application and permitting me to participate in the Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

I WAIVE, RELEASE, AND DISCHARGE from any and all liability that I may sustain as a result of coming to the Event, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: GMS, Seashore Striders, Seashore Strider Event Production Inc, and/or their directors, officers, employees, volunteers, representatives, agents, the activity holders, sponsors, volunteers, vendors, as well as the landowners, landlords, tenants, successors, cities, towns, states, other governmental bodies of the locations in which the Event or portions of the event take place, and representatives of all of the above;

INDEMNIFY, DEFEND, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this Waiver and Release of Liability from any and all liabilities or claims, causes of action, obligations, lawsuits, charges, complaints, contracts, controversies, covenants, agreements, promises, damages, cost, expenses, responsibilities, of whatsoever kind, nature or description, whether, direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, whether caused by the negligence of the release of otherwise that arise from participating in the Event.

I acknowledge that GMS, Seashore Striders, Seashore Strider Event Production Inc, and including but not limited to their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that the Event may involve a test of my physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, obstacles, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the Event. OBSTACLES ENCOUNTERED ON THE COURSE MAY INCLUDE, BUT ARE NOT LIMITED TO, RISK OF INJURY FROM THE FOLLOWING CONDITIONS: FIRE, POOR FOOTING/TRACTION, FALLS AND WATER. These risks are not only inherent to participants but are also present for volunteers.

I hereby consent for myself to receive medical treatment which may be deemed advisable by a medical professional in the event of an injury, accident, and/or illness during the Event; this release extends to any liability arising out of or in any way connected with the medical treatment and transportation provided in the event of an emergency. I agree to conduct myself in a professional manner and treat everybody at the Event including but not limited to participants, spectators, and officials respectfully. I understand that if disciplinary action is taken against me, I may be suspended from the Event and future activities.

I understand while participating in the Event I may be photographed and/or videotaped. I agree to allow my appearance, voice, name, photograph, video or film likeness

to be used for any legitimate purpose such as but not limited to promotional, advertising, and marketing purposes by GMS and the Event holders, producers, sponsors, organizers, and assigns. Any and all photographs, recordings, or other records of the Event are the sole property of GMS and or Seashore Strider Event Production Inc.

Every term and provision of this Waiver and Release of Liability is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

This Waiver and Release of Liability is a legally binding agreement and shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

If a dispute over this Waiver and Release of Liability or any claim for damages arises, the Participant (or parent/guardian) agrees to resolve the matter through a mutually acceptable alternative dispute resolution process. If the Participant (or parent/guardian) and GMS cannot agree upon such a process, the dispute will be submitted to a three-member arbitration panel for resolution pursuant to the rules of the American Arbitration Association.

I CERTIFY THAT I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY AND I FULLY UNDERSTAND ITS CONTENT. I am of sound mind and body and not under the influence of alcohol or any illicit or prescription drug or medication which may in any way impair my ability to enter into this Waiver and Release of Liability. I fully understand the respective intent and meaning of all of the terms and provisions hereof. I understand that by signing below, I have given up substantial rights. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL FOR MYSELF WITHOUT COERCION OR DURESS.

I hereby warrant that I am the parent or legal guardian of the Participant whose name appears above and that I have legal authority to sign this Waiver and Release of Liability on behalf of the Participant. In addition to all of the terms and conditions contained in the foregoing Waiver and Release of Liability, I personally agree to INDEMNIFY, DEFEND, HOLD HARMLESS AND PROMISE NOT TO SUE the entities or persons mentioned in this Waiver and Release of Liability from any and all liabilities or claims, causes of action, obligations, lawsuits, charges, complaints, contracts, controversies, covenants, agreements, promises, damages, cost, expenses, responsibilities, of whatsoever kind, nature or description, whether, direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, whether caused by the negligence of the release of otherwise that arise from the Participant whose names appears above participating in the Event.

Parent/Guardian's Signature (if Participant is under 18): \_\_\_\_\_

Parent/Guardian's Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Emergency Contact Info:

Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Contact 1 Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact 2 Name: \_\_\_\_\_ Phone: \_\_\_\_\_

