

Oy Vey, 5K Run and Walk

5K Race / 1 Mile Fun Walk

**Proceeds benefit the educational programs at
Seaside Jewish Community**

3.1 MILE OUT & BACK COURSE ON THE JUNCTION BREAKWATER TRAIL OF CAPE HENLOPEN STATE PARK

REHOBOTH BEACH, DELAWARE

- When: **Sunday, APRIL 8, 2018 beginning at 9:00 am**
- Where: Seaside Jewish Community, 18970 Holland Glade Rd, Rehoboth Beach, DE 19971 (Located next to Rehoboth Little League)
- Produced By: Seashore Striders with Chronotrack Chip timing & finish line services provided by the Seashore Strider Event Production, Inc.
- Registration: \$25 Pre-Registration by 4/6, \$30 Race-Day Registration beginning at 8:00 am
- Awards: Awards presented to the Overall & Master Champions, as well as to the top three finishers, in the following nine age groups: 9 & U, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.
- Amenities: T-shirts guaranteed to the first 100 registered, water stops and breakfast provided featuring homemade kugel.

Online registration by 4/6/18. (One application per participant required).

MAIL IN REGISTRATION FORM

If you are unable to register online, please mail in this form by 4/2/18 with your payment payable to:
Seashore Striders, Oy Vey 5K, P. O. Box 99, Nassau, DE 19969

Event: Seaside Jewish Community 5k

Name: _____ DOB: _____ Age: _____ Gender: M or F

Address: _____ Phone: _____ Email: _____

Pre-registration: \$25 Race Day, \$30 Day of Event: 5k: _____ 1 M Walk: _____

Tech Unisex Shirt : __YL __SM __MD __LG __XL Tech Women's __SM __MD __LG __XL

WAIVER

I know that competing in a 5K Run/Walk can be a hazardous activity. I should not enter unless I am medically able and properly trained. Having read this waiver, I for myself and anyone acting in my behalf, waive, Seashore Striders, Seaside Jewish Community, Seashore Strider Event Production, Inc., Road Runners Club of America, City of Rehoboth Beach, Rehoboth Little League, State of Delaware and all sponsors from all claims and liabilities resulting in my participation in this event.

Signature: _____	Date: _____	Official use only BIB:
Parent Signature (under 18): _____	Date: _____	
Emergency contact/phone: _____	Name: _____	



FOR RACE INFORMATION CALL Seashore Strider DIRECTOR TIM BAMFORTH
(302) 644-8952 or email tim@seashorestrider.com
or Joel Simon, SJC, (302) 245-1386 or joel.simon2420@gmail.com
Register Online at www.seashorestriders.com
or by mail to: SEASHORE STRIDERS; P.O. BOX 99; NASSAU, DELAWARE 19969