

## RACE INFORMATION

**WHERE:** Herring Point, Cape Henlopen State Park; Lewes, DE

**WHEN:** Sunday, October 13, 2019

**TIME:** 9:00 a.m.

**COURSE:** Runners will leave Herring Point and run south on the Gordon's Pond Trail towards Rehoboth Beach. The turnaround is located just before the Gordon's Pond parking lot. Finish will be at the Herring Point lookout overlooking the Atlantic Ocean.

### **REGISTRATION:**

5k Early Registration ->9/11 - \$22  
5k Pre-Registration ->10/11 - \$25  
5k Late Registration -> 10/13 - \$30  
10k Early Registration ->9/11 - \$32  
10k Pre-Registration ->10/11 - \$35  
10k Late Registration -> 10/13 - \$40

### **AWARDS:**

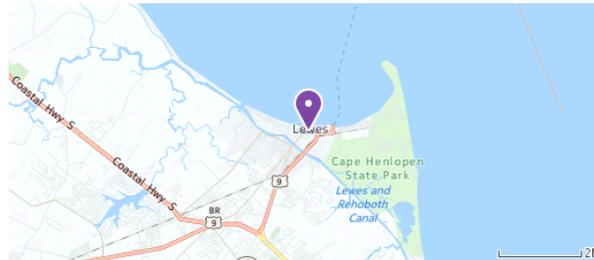
Awards to the top three(3) finishers in the following age groups:

10k= 13U, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+  
5k= 9U, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

**AMENITIES:** Short-sleeve Tech T-shirts to all registered participants, water stop and refreshments provided, CHIP timing and finish line by Seashore Striders Event Production.



### **WHERE IS CAPE HENLOPEN STATE PARK?**



## RACE ENTRY

**NAME:**

\_\_\_\_\_

**ADDRESS:**

\_\_\_\_\_

**CITY, STATE, Zip:**

\_\_\_\_\_

**AGE:** \_\_\_\_ **Birthday:** \_\_/\_\_/\_\_\_\_

**GENDER:** \_\_M \_\_F

\_\_\_\_ 5k \_\_\_\_ 10k

**T-SHIRT SIZE:**

**Unisex:** \_\_Sm, \_\_Md, \_\_Lg, \_\_XI

**Female:** \_\_Sm, \_\_Md, \_\_Lg, \_\_XI

**\*Youth LG available if desired**

### **EMERGENCY CONTACT:**

\_\_\_\_\_

#### **Waiver**

I know that running a race is a potentially hazardous activity. I should not enter and run or walk 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/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, a 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 waive and release: The Seashore Striders, Seashore Strider Event Production Inc, East Coast Garden Center, 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** \_\_\_\_\_

**Parent (U18)** \_\_\_\_\_

## DESCRIPTION OF COURSE:



### COURSE LINK

<http://www.usatf.org/routes/view.asp?rID=550419>

Gordons Pond Trail is located in Cape Henlopen State Park and skirts the western side of Gordons Pond, a 900-acre salt water lagoon. The finely crushed gravel pathway winds through coastal maritime forest, grassy marshes, and sandy dunes.

The southern end of the trail begins at the parking lot for the Gordons Pond Day Use Area and continues to an observation deck, which overlooks the pond and Atlantic Ocean. There are also two historic World War II observation towers on the beach to explore.

The trail's northern end includes a half-mile elevated boardwalk over wetlands with observation areas to enjoy the surroundings. The trail ends at an intersection with the **Walking Dunes Trail**, which allows travelers to continue two more miles through the park's beautiful natural landscape, especially scenic in the spring when dotted with wildflowers.



**SURF BAGEL** EAT. SLEEP. SURF.



# HERRING POINT

6<sup>th</sup> ANNUAL



5K & 10K  
RACES

**Race on the Gordon's Pond Trail**

**SUNDAY  
OCTOBER 13<sup>TH</sup>, 2019  
9:00 A.M.**

**Herring Point  
Cape Henlopen State Park  
Lewes, DE**

