

"TWENTY-FOURTH ANNUAL !!!!"

THE 2017 SEASHORE STRIDER RACING SERIES PRESENTS:

MASSER LEWES DELAWARE

5 MILER

PROCEEDS WILL BENEFIT THE SEASHORE STRIDER YOUTH PROGRAM

The Masser 5 Miler is the Official 2017 USA C.F.R.F. United States Clydesdale 5 Mile State Championship.
Male 190+ lbs. and Female 150+ lbs.

- WHEN..... **Sunday; May 28th, 2017; 7:30 A.M. (Rain or Shine)**
- WHERE Lewes, Delaware...The start will be at Cape Henlopen High School. Course will wind through scenic Lewes before returning to finish at CHHS.
- DISTANCE..... 5 miles *PART OF THE 2017 S.S.R.S CHAMPIONSHIP RACING SERIES
"RUN YOUR QUALIFYING 5 MILER EARLY IN THE RACING SEASON"*
- REGISTRATION \$22.00 Pre-registration through Saturday, May 27. \$25.00 Race Day Registration from 6:00-7:15 A.M. or register online at www.seashorestriders.com before 5/25/17.
- AWARDS Trophy Awards will be presented to the Overall Top Two (2) Male & Female Champions, Overall Male & Female Masters (40+ yrs.), as well as the top three (3) Male & Female finishers in the following age categories: 9 & under, 10-13, 14-19, 20-24, then 5-year age groups through 100+. Awards will also be presented within various Clydesdale/Filly weight and age categories. No duplication of awards. You may run either within your age group or as a Clydesdale/Filly, but not both ways. Clydesdale/Filly Runners must weigh in.
- AMENITIES Multi-colored quality tech T-shirt, Digital computer timing and Finish line produced by "Seashore Striders," Digital Display Clock, Post-Race awards ceremony, Refreshments & A RUNNING GOOD TIME. **T-Shirts guaranteed to pre-registrants only.**
- RACE DIRECTORS..... Tim Bamforth, Seashore Strider Racing Series, and Dr. Lee Masser of Masser Systems, Inc.

_____ CHECK IF RUNNING AS A "CLYDESDALE"

NAME _____ AGE ON RACE DAY _____ SEX: M F

ADDRESS _____ EMAIL: _____

CITY _____ STATE _____ ZIP _____ PHONE # _____ PLEASE CIRCLE:

TECH UNISEX T-SHIRT: YL SM MD LG XLG XXL

-OR-

TECH WOMEN'S: SM MD LG XLG

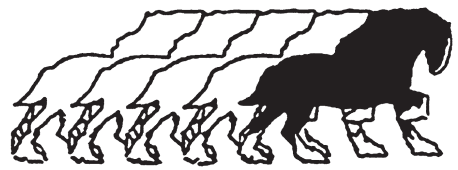
RELEASE OF LIABILITY

I know that running a road 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 high heat and/or humidity, traffic and the conditions of the road, all such 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 Masser Systems Inc., Seashore Striders, the City of Lewes, the State of Delaware, Cape Henlopen High School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE _____ DATE _____

PARENT SIGNATURE (UNDER 18) _____ DATE _____

MAKE CHECKS PAYABLE TO: SEASHORE STRIDER RACING SERIES OR "S.S.R.S."
MAIL ENTRY FORMS TO:



USA Clydesdale & Filly Racing Federation

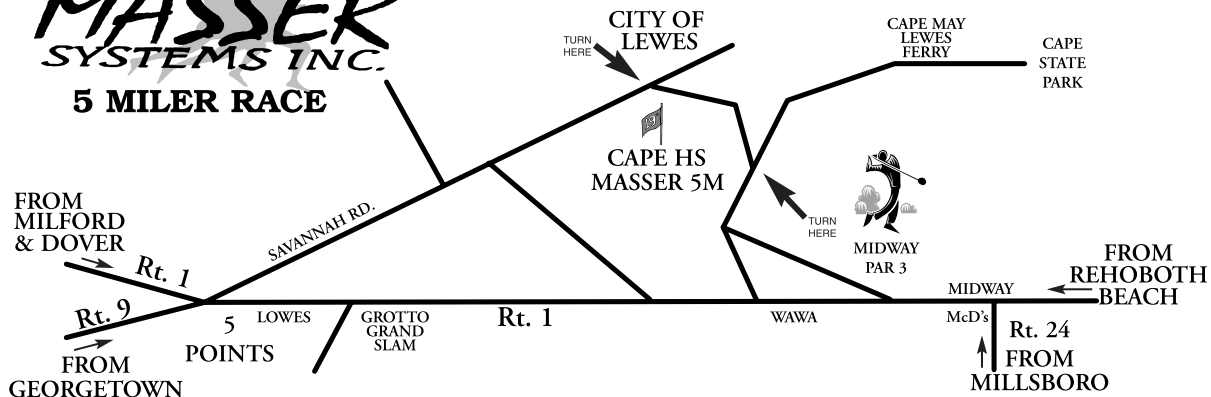
SEASHORE STRIDER RACING SERIES
C/O: MASSER 5 MILER
P.O. BOX 99
NASSAU, DELAWARE 19969

RACE HOTLINE: (302) 644-8952
www.seashorestriders.com



MASSER SYSTEMS INC.

5 MILER RACE



MASSER PREVIOUS WINNERS

OVERALL			MASTERS		
2016	Jeff Young	28:29.8	2016	Mike Sewell	29:45.5
	Cindy Conant	33:20.8		Annette Wenzel	35:59.2
2015	Jeff Young	27:55.2	2015	Mike Sewell	31:34.2
	Susan Dunn	35:03.2		Helen Morrow	36:24.1
2014	Matt Dunn	28:28.0	2014	Todd Buchanan	29:48.5
	Cindy Conant	31:36.3		Jen Cawthern	34:06.7
2013	Enos Benbow	28:31.4	2013	Mike Sewell	29:37.0
	Karen Ziga	31:28.6		Cindy Conant	31:53.2
2012	James Townsend	27:49.6	2012	Mike Sewell	29:56.4
	Julie Gessler	34:13.8		Mary Beth Evans	35:59.0
2011	Enos Benbow	27:35.3	2011	Mike Sewell	30:02.3
	Cindy Conant	33:25.0		Mary Beth Evans	37:34.5
2010	Anthony Reynolds	28:27.7	2010	Mike Sewell	29:09.3
	Cindy Conant	32:55.4		Cheryl Weir	36:34.1
2009	Lucas Messner	28:59.2	2009	Dan Macelrevey	31:12.2
	Cindy Conant	33:10.0		Margaret Colvin	37:27.2
2008	Enos Benbow	27:45.7	2008	Craig Hetrick	30:09.7
	Cindy Conant	32:42.6		Margaret Colvin	36:36.0
2007	Enos Benbow	27:56.4	2007	Dan DiFonzo	30:03.6
	Cindy Conant	33:09.1		Angela Swarm	39:39.7
2006	Chris Sheaffer	28:04.7	2006	Rich Oldrieve	30:59.5
	Emily Forrey	31:18.3		Jean Betz	38:21.8
2005	Mark Amway	26:54.7	2005	Rich Oldrieve	30:24.0
	Cindy Conant	32:27.6		Holly Scott	35:33.0
2004	Mike Monagle	25:51.0	2004	Andrew Shearer	28:47.4
	Cari Johnson	32:02.4		Cindy Conant	34:38.8
2003	Larry Levy	26:51.1	2003	Leslie Wright	30:15.7
	Cindy Conant	35:42.5		Karen Kolobielski	38:20.3
2002	Leslie Wright	28:45.1	2002	Reuben Beauchamp	29:40.5
	Dianna Golden	33:08.9		Chris Coffin	37:32.5
2001	Michael Wardian	26:53.9	2001	Reuben Beauchamp	28:50.4
	Diane Craven	34:57.2		Leslie Bartoshesky	37:29.9
2000	Matt Lindell	29:26.0	2000	Rick Poppleton	31:02.0
	Claire O'Brien	35:04.0		Leslie Bartoshesky	36:40.1
1999	Matthew Demlein	25:54.8	1999	Reuben Beauchamp	29:24.9
	Carillee Johnson	34:33.4		Leslie Bartoshesky	36:49.1
1998	Greg Cauller	26:36.0	1998	Reuben Beauchamp	28:23.0
	Vicki Boyer	30:25.7		Leslie Bartoshesky	37:01.1

MASSER

Course Records

MALE		FEMALE	
Mike Monagle	25:51.0 2004	Vicki Boyer	30:25.7 1998

MASSER AGE GROUP RECORDS

MALE			FEMALE		
Evan Mock	37:01	1997	**9 & U**	Bethany Pavlik	40:10 1996
DJ Farren	32:22	2016	**10-13**	Emily Forrey	31:18 2006
Donovan Anderson	27:26	1996	**14-19**	Avery Cunningham	33:14 2013
Matthew Demlein	25:54	1999	**20-24**	Cindy Price	33:27 1996
Michael Wardian	26:53	2001	**25-29**	Vicki Boyer	30:25 1998
Mike Monagle	25:51	2004	**30-34**	Kim Kruse-Langer	33:17 1996
Greg Cauller	26:15	1997	**35-39**	Bettina Haskell	32:43 1996
Mark Amway	26:54	2005	**40-44**	Cindy Conant	32:27 2005
Joe Link	28:15	1997	**45-49**	Cindy Conant	32:42 2008
Reuben Beauchamp	28:23	1998	**50-54**	Cindy Conant	31:36 2014
Reuben Beauchamp	29:40	2002	**55-59**	Cindy Conant	33:20 2016
Ed Jordan	32:12	2015	**60-64**	Priscila Prunella	38:59 2004
Tim Abbott	37:42	2013	**65-69**	Joann Szczepkowski	40:48 2013
Mike Bertolini	39:14	1996	**70-74**	Joann Szczepkowski	45:57 2016
Jack Huxtable	41:58	2013	**75-79**	Jamie Wollard	1:08:47 2013
John Button	56:31	2014	**80-84**	Stella Castillo	1:58:23 2016
Raymond Gomez	31:21	2002	**Clyde/Filly**	Karla Eisch	36:47 2002