

SEASHORE STRIDER

SUMMER OF 2012 RACING SCHEDULE

"Running & Racing at the Beach with the Seashore Striders"

<u>DATE</u>	<u>NAME OF EVENT</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CITY</u>	<u>MAP#</u>
SUN., MAY 27	MASSER 5 MILER <i>Official 2012 U.S.A.C.F.R.F. Delaware Clydesdale 5 mile State Championship</i>	7:30 AM	Cape High School	Lewes	#1
	MASSER KIDS I DID IT RACES	8:30 AM			
	MASSER 5 MILER AWARDS CEREMONY	9:00 AM			
SAT., JUNE 2	LEWES 5K	7:30 AM	The Wharf <i>Anglers Road</i>	Lewes	#2
SUN., JUNE 3	DOS LOCOS 5K	7:30 AM	Wilm. Ave./Boardwalk	Rehoboth	#3
SAT., JUNE 9	BLUE GOLD ALL-STAR 5K & 1M WALK	8:00 AM	Irish Eyes Pub & Restaurant <i>Anglers Road</i>	Lewes	#4
SUN., JUNE 17	FATHERS DAY 5K	7:30 AM	Rehoboth Ale House <i>Wilm. Ave./Boardwalk</i>	Rehoboth	#5
SAT., JUNE 23	JUNGLE JIM'S 5K SPLASH	7:30 AM	Jungle Jim's	Rehoboth	#6
SUN., JUNE 24	BILL DEGNAN 5K & 1M WALK	7:30 AM	Cape High School	Lewes	#7
SAT., JUNE 30	BEACH PAPER FIRECRACKER 5K & 5K WALK	7:30 AM	The Grove Park	Rehoboth	#8
SAT., JULY 7	SEASHORE STRIDER 5K - (m) S.S.R.S. WOMEN'S FESTIVAL 5K - (w)	7:30 AM 8:00 AM	Rehoboth Junior H.S.	Rehoboth	#9
SAT., JULY 21	RACE FOR THE RIBBON 5K & 1M WALK	7:30 AM	Greene Turtle <i>Wilm. Ave./Boardwalk</i>	Rehoboth	#10
SUN., JULY 22	Y.M.C.A. 5 MILE RUN & 1M WALK	7:30 AM	Deauville Beach	Rehoboth	#11
SUN., JULY 29	RUN FOR J.J. 5K & 5K WALK <i>Official 2012 U.S.A.C.F.R.F. Delaware Clydesdale 5K State Championship</i>	7:30 AM	Stuart Kingston	Rehoboth	#12
SAT., AUGUST 4	DAM MILL 5K	7:30 AM	Cupola Park	Millsboro	#13
SAT., SEPTEMBER 1	LAST BLAST PREDICTION 5K	7:30 AM	The Grove Park	Rehoboth	#14

(The Championship Series Award Ceremony will follow the Last Blast Prediction 5K on 9/1/12)

The above 13 events in bold are the only events that will be credited toward the Championship Series

Event Director - Tim Bamforth...tim@seashorestrider.com

6 events will include a walk – 6/9, 6/24, 6/30, 7/21, 7/22, 7/29

6 events will include a Clydesdale/Filly Division – 5/27, 6/17, 6/30, 7/21, 7/29, 8/4

CHAMPIONSHIP SERIES

To become a qualifier of the Seashore Strider Championship Series one must complete any five (5) of the eleven series 5K events as well as one (1) of the two series five-mile events. If you complete more than these six (6) events, your best five 5Ks and your best 5-miler will be used for your final place within your age group, computations courtesy of Masser Systems Inc. Awards will be presented to the overall champions, the top five finishers in the following age categories: 9 & Under, 10-13, 14-19, 20-24, then 5-year age groups through 100+, and to all series qualifiers. Special awards also will be presented to those who complete all thirteen (13) of the Championship Series races. Championship Series awards will be provided by Masser Systems, Inc. All finishers are automatically entered into the Championship Series. There is not an entry fee for the Championship Series.

Strider Hotline
(302) 644-8952

For Race Applications - Mail a S.A.S.E. to:

Seashore Strider Racing Series
P.O. Box 99; Nassau, Delaware 19969

Strider Hotline
(302) 644-8952

For all your Running & Racing needs at the Beach, visit the Seashore Striders on the web at...

www.seashorestriders.com