

RUN, WHITE & BLUE



ALL PROCEEDS BENEFIT DELAWARE TECHNICAL COMMUNITY COLLEGE
OWENS CAMPUS SCHOLARSHIPS FOR VETERANS AND FIRST RESPONDERS

SEPT.
10-13
2020

VIRTUAL 5K RACE

- 1 Complete any 3.1 mile course of your choosing from 6 p.m. on Sept. 10 to midnight on Sept. 13.
- 2 Submit a photo of your fitness tracker with distance and time clearly shown and a photo of you with your race bib to tim@seashorestriders.com.

\$25

for all registrants.
Registration
will be allowed
through Sept. 13.

ALL PARTICIPANTS GUARANTEED A HAT!

Two EASY ways to REGISTER

- 1 Register online at seashorestriders.com.
- 2 Complete entry form, enclose payment, and mail to: Seashore Striders, P.O. Box 99, Nassau, DE 19969.

Name: _____

Address: _____

Parent signature if under 18 years old

City: _____ State: _____ Zip: _____ Age: _____ Sex: _____

Phone: _____ Email: _____

Payment amount \$ _____ Cash Check

