



# 18th ANNUAL MARINERS BETHEL 7m & 5k TRAIL RUN

*"The Best Post-Race Spread on the East Coast"*

*Live Music by "Hit and Run"*

**Sunday, October 24, 2021 • 1:00 PM**  
(Rain or Shine)

*Assawoman Wildlife Refuge  
Camp Barnes in Bayard, Delaware*

Registration: Starts at 11 am

7 mile run: \$40 preregistration ~ \$45 race day

5k run and 3 mile walk: \$30 preregistration ~ \$35 race day

1 mile walk: \$25 preregistration ~ \$30 race day

Kiddy Run (12 and under): \$10 preregistration ~ \$12.00 race day

Awards: Prizes for each top three finishers in  
male, female and child categories.

Amenities: T-Shirts for all registered participants.  
Water stops & lunch for all runners and walkers.  
Meal tickets available to non-participants \$12,  
children 5 and under free

**For Information Call:**

Mariners Bethel United Methodist Church at 302-539-9510  
Bill Lord at 302-745-6899, email [lordlands@yahoo.com](mailto:lordlands@yahoo.com)  
or register at [www.seashorestriders.com](http://www.seashorestriders.com)

