



Universal Entry Form

NAME OF RACE: _____

____ CASH/ ____ CHECK PAYMENT

COST: \$ _____ (See Race Reg. Page for specific Race Fee)...seashorestriders.com

NAME _____ AGE _____

ZIP CODE _____. ___ MALE ___ FEMALE DIVISION NAME _____

E-MAIL _____ CELL _____

T-SHIRT ___ YL, ___ SM, ___ MD, ___ LG, ___ XL

(Some Races have Gender Specific T's ___ WS, ___ WMD, ___ WLG, ___ WXL...Check Website)

EMERGENCY CONTACT NAME & NUMBER _____

MEDICAL CONDITIONS TO SHARE WITH SS _____

WAIVER I know that competing in a Run/Walk can be a hazardous activity. I should not enter unless I am medically able and properly trained. Having read this waiver, I for myself and anyone acting in my behalf, waive, The Seashore Striders, The Seashore Strider Event Production, Inc. and all sponsors from all claims and liabilities resulting in my participation in this event. I give permission for the use of my name and photograph in connection with this event. Signature of parent/guardian required for children under 18.

Signature _____

PLEASE MAIL SO IT ARRIVES BY MONDAY OF RACE WEEK...T-Shirts are not guaranteed if received after Tuesday at 11 am.

MAIL TO:

Seashore Striders; C/O Tim Bamforth,

9 Gander Lane, Lewes, DE. 19958

