



**Universal Entry Form**

NAME OF RACE: **Race Fee- Check Website**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

UNISEX SIZE \_\_\_YLG, \_\_\_SM, \_\_\_MD, \_\_\_LG, \_\_\_XL

FEMALE SIZE \_\_\_SM, \_\_\_MD, \_\_\_LG, \_\_\_XL

**WAIVER**

*I know that competing in a 5K 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., Road Runners Club of America, State of Delaware 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 \_\_\_\_\_

Parent Signature (under 18) \_\_\_\_\_



Mail Completed Form & Payment (Check WebSite) to:  
Seashore Striders / Name of Race  
P.O. Box 99; Nassau, DE 19969