



Universal Entry Form

NAME OF RACE- _____ **\$\$ Race Fee- Check Website**

NAME _____

AGE _____. ___ MALE ___ FEMALE

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