



Universal Entry Form

NAME OF RACE- Last Blast Prediction 5k

____Live Event- \$25. ____Virtual Event- \$25.

Participate in Both Events & take \$10 off for a total of \$40

NAME_____AGE______MALE __FEMALE

ADDRESS_____

CITY_____STATE_____ZIP_____

PHONE_____E-MAIL_____

SWAG- Participants will be able to choose multiple t-shirts from the Seashore Strider collection.

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

