



**7th annual *Flyin' Hawaiian* 5k / *Bonzai* 10K
& *Cape Classic* 1 Mile Walk**
The "Strider Bar" races (10 & U) will be held at 8:50 am

WHEN.....**Saturday May 14, 2011 9:00 am (Rain or Shine)**

WHERE.....Cape Henlopen High School; Lewes, DE

REGISTRATION...\$15 5k pre-reg. fee through Thursday, May 12 & \$20 5k race-day reg. from 8-8:50am
 \$20 10k pre-reg. fee through Thursday, May 12 & \$25 10k race-day reg. from 8-8:50am
 \$10 pre & post fee for 1 mile walk
 \$5 pre & post fee for Kid's "Strider Bar" dashes...no shirts – medals to all finishers.
 Register online at www.seashorestriders.com

AWARDS.....Presented to the male/female 5k & 10K Overall and Master Champions as well as the top three finishers in seven 10k age groups from 19 & U to 70 & over and nine 5k age groups from 9 & U to 70 & O.

AMENITIES.....T-shirts guaranteed to pre-registered, water stop/refreshments provided, timing and finish line by Seashore Striders Race Prod. Post award ceremony at Cape High School.

BENEFIT..... This event will benefit Mike DeStasio of Lewes who is living with ALS. Mike is a dedicated father and husband who is involved with sports in our community.

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952,
runningandracing@seashorestrider.com www.seashorestriders.com

RACE INFORMATION – CALL (302) 644-8952 Make Checks Payable to: Seashore Striders
Mail entry form/payment to: Surf Bagel 5k/10k; P.O. Box 99; Nassau, DE 19969

-----TEAR HERE-----TEAR HERE-----

Checks Payable to: Seashore Striders Mail to: Surf Bagel 5k/10k; P.O. Box 99; Nassau, DE 19969

Name: _____
 Address: _____
 Phone: _____
 E-Mail: _____
 Age/DOB: _____
 Gender : _____

Race (circle)
5k
10k
1 mile walk
Kid's dashes

fee (circle)	
pre	race day
\$15	\$20
\$20	\$25
\$10	\$10
\$5	\$5

T-shirt (circle)
SM
MD
LG
XL

Release of Liability I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete and run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including cold, high heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waiver and release: TCBY, The Seashore Striders Running club, The Town of Rehoboth, The State of Delaware and all sponsors, their representatives and successors from claims arising from my participation in this event even though that liability may arise out of carelessness on the part of the persons named in this waiver.

Signature: _____
 Parent Signature (under 18): _____
 Emergency contact/phone: _____

Date: _____
 Date: _____
 Relation 2U? _____

Official use only	
BIB:	