



# DIAMONDBACK DASH

## 5K RUN/WALK

### SUNDAY, MAY 17, 2009

8:30am (Rain or Shine)



### Why did the Turtle cross the Road?

### To get to the 1<sup>st</sup> annual Diamondback Dash 5K!

Help us kick off the start of the Diamondback Terrapin breeding season. As the Terrapins get ready to cross dangerous Rt 1 to lay their eggs this spring, we want to make sure they get all the help they can.

Learn more about these interesting creatures at [www.inlandbays.org](http://www.inlandbays.org)

WHERE.....Indian River Inlet; Center for the Inland Bays Office, Delaware Seashore State Park...follow signs from Rt. One

REGISTRATION... \$15.00 pre-registration fee through Friday, May 15, 2009

\$20.00 race day registration from 7:30 – 8:20 a.m.

Register online at: [www.active.com](http://www.active.com)

AWARDS.....Awards presented to the male/female 5K Overall champions as well as awards to the top three finishers in 9 age groups from 9 & Under to 70 & Over

RACE DIRECTOR: Tim Bamforth - Seashore Striders Race Productions 302-644-8952, [runningandracing@seashorestrider.com](mailto:runningandracing@seashorestrider.com) or [www.seashorestriders.com](http://www.seashorestriders.com)



Rehoboth Indian River Little Assawoman



RACE INFORMATION – CALL (302) 644-8952 or (302) 226-8105 or visit [www.inlandbays.org](http://www.inlandbays.org)

Make Checks Payable to: "Center for the Inland Bays"

Mail entry form/payment to: Center for the Inland Bays, 39375 Inlet Rd, Rehoboth Beach, DE 19971

..... CUT HERE .....

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_M\_\_\_F

Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_

Zip \_\_\_\_\_ Phone # \_\_\_\_\_ T-Shirt \_\_\_SM, \_\_\_MD, \_\_\_LG, \_\_\_XL, \_\_\_2XL

E-Mail \_\_\_\_\_

Check which Race: \_\_\_\_\_ 5K Run \_\_\_\_\_ 5K Walk

I can't make the race but would like to make a donation! \$ \_\_\_\_\_

#### 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: The Seashore Strider Event Production, Inc, Center for the Inland Bays, Delaware Seashore State Park, The Greene Turtle Restaurants, Great Scott Broadcasting, 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: \_\_\_\_\_ DATE: \_\_\_\_\_

