



# DFRC Blue-Gold All★Star 5K Run/1 Mile Walk Saturday, June 9, 2012

Join us at  
**Irish Eyes on Anglers Road in Lewes**  
for these fun and family-friendly events!

*The mission of DFRC is to enrich the lives of Delawareans with intellectual disABILITIES*

**Event** DFRC Blue-Gold All★Star 5 Kilometer Run—*A Seashore Striders Championship Event*

**Information** DFRC Blue-Gold All★Star 1 Mile Walk - *An event for participants of all abilities*

**Event Date** Saturday, June 9, 2012 - 8:00 AM (Rain or Shine)

**Location** Irish Eyes Restaurant, 213 Anglers Road, Lewes, Delaware

**Registration** Online: [www.dfrcfoundation.org/run](http://www.dfrcfoundation.org/run) By mail: use form at bottom

**Information Fees:**

Registration (through June 7) - \$20 per participant

Day of Event Registration (June 9) - \$25 open from 6:30 to 7:55 AM

**Pre-Race Packet Pick-up:** Friday, June 8, 5 to 8 PM at Irish Eyes in Lewes



**Amenities** Event T-Shirts—Post Event Entertainment

Water Stops provided by Pine Mountain Springs

Timing and Finish Line by Seashore Striders/Masser Systems

Post-race refreshments provided by Irish Eyes Restaurant



**Awards** Awards presented to Overall and Masters Champions

Awards also presented to the top three finishers in each age group

**GET INVOLVED!** For information on volunteering or sponsorship opportunities  
contact Ed Osienski at (302) 292-8903 or the DFRC office at (302) 454-2730

You may register online at [www.dfrcfoundation.org/run](http://www.dfrcfoundation.org/run) or mail in this form—please keep a copy for your records

**EVENT REGISTRATION FORM** — Check One  5K Run  1 Mile Walk

Race Director: Tim Bamforth, Seashore Striders Race Productions—For Info Call (302) 644-8952

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex  M  F

Address: \_\_\_\_\_ Shirt Size  SM  MD  LG  XL  XXL

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

RELEASE OF LIABILITY: Having read this waiver, I for myself and anyone entitled to act on my behalf, waiver and release DFRC, Inc., Seashore Striders, Masser Systems, The City of Lewes, DE and all event sponsors and volunteers from any claim arising from my participation in this event. DFRC retains all rights to all photographic and electronic recordings of this event and surrounding activities. This is a rain or shine event and registration fees are not refundable.

Signature of Participant

or Responsible Party \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

FOR REGISTRATION BY MAIL—Make check payable to Blue-Gold All★Star 5K—Registration \$20 (to June 7)

Make a copy of this form for your records, then mail the original to Blue-Gold 5K, PO Box 99, Nassau, DE 19969-0099