



DIAMONDBACK DASH

5K RUN/WALK

SATURDAY, MAY 19, 2012

9:00am (Rain or Shine)

Why did the Turtle cross the Road?

To get to the 4th Annual Greene Turtle 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

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

REGISTRATION... \$20.00 (**includes tech shirt, race goodie bag & after party!**)
pre-registration fee through Thursday, May 17, 2011
\$25.00 race day registration from 8:00 – 8:50 a.m.
Register online at: 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 +

Join us for a super fun after race BBQ! Burgers, beer and more!



CENTER FOR THE INLAND BAYS
Rehoboth Indian River Little Assawoman

RACE INFORMATION – CALL (302) 644-8952 or (302) 226-8105 or visit 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

Event: **DIAMONDBACK DASH 5K Run/Walk**

Name: _____ Age: _____ Gender: _____ M _____ F

Address: _____ T-shirt (circle): _____ SM, MD, LG, XL, 2 XL
(pre-reg women will get women's size shirt)

Phone: _____ Amount (circle): _____ Pre-reg.: \$20 Day-of: \$25

E-Mail: _____ Race (circle): 5k run 5k walk

I can't make the race but want to make a donation for the turtles! : \$ _____

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, Beebe Medical Center, 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: _____ Official use only, _____
Parent: (if age 18 &U) _____ Date: _____ BIB: _____