



7th Annual
**Seven Sisters
 & Two Brothers**
 of Dewey Beach
Running Walking Series 2009



Photos by Renee



Dewey Beach, Delaware
www.sevensistersdeweybeach.com

All courses are usatf certified. Course maps will be posted on race day or go to the website.

REGISTRATION: You can pre register for all 9 events using one entry form. Just fill in the blanks and make check payable to Rusty Rudder. If your age changes during the summer season please note on entry form.

You may also enter via our online registration company Active.com. You may enter all 9 events using a major credit card.

If in the Greenville, Delaware area you may drop off your entry fee with signed application to the Delaware Running Co. located in the Greenville Crossing One. They will be happy to accept payment with cash or check. Must be dropped off by noon three days prior to event date.

ENTRY FEES FOR 2009 SCHEDULE ARE AS FOLLOWS:

Name of Event	Date	Pre Registration	Day of Registration
Rusty Rudder 5k	Monday, May 25	\$16 till May 21	\$20
Inaugural Outlet Wine and Spirits 5k	Sunday June 14	\$16 till June 10	\$20
Jimmy's Grill 5k	Sunday, July 5	\$16 till July 1	\$20
Northbeach 5k	Sunday, July 12	\$16 till July 8	\$20
Dewey Beach Liquors 5k	Sunday, July 19	\$16 till July 15	\$20
Venus on the Half Shell 5k	Saturday, August 1	\$16 till July 26	\$20
Classic Catering 5k	Sunday, August 9	\$16 till August 5	\$20
Highway One Group 10k/5k	Sunday, August 15	\$16 till August 10	\$20
Gary P. Lister Bottle & Cork 10 Miler	Saturday, Sept. 12	\$20 till September 8	\$25
Gary P. Lister Bottle & Cork 5k	Saturday, Sept. 12	\$16 till September 8	\$20

WHERE: DEWEY BEACH, DELAWARE

All events are located in Dewey Beach, Delaware off of Highway One. Plenty of free parking will be available race day in parking lots of host restaurants. Dewey Beach Police will not ticket those parking on street or at meters until 11 am.

Dewey Beach Liquors, Bellevue Street at Highway One

Rusty Rudder, Ruddertown, Highway One at Dickinson Street

Classic Catering, Ruddertown, Highway One at Dickinson Street

Jimmy's Grill, Ruddertown, Highway One at Dickinson Street

Northbeach Restaurant, 125 McKinley Street on the Bay

OWS (Outlet Wine and Spirits), at Northbeach (see above)

Venus on the Half Shell, Dagsworthy Street on the Bay

Highway One, Ruddertown, Highway One at Dickinson Street

Bottle & Cork, Bellevue Street at Highway One
All events start at 8 am.

BEACH HOUSE TEAM COMPETITION

What better way to get your beach house up early for fun, fitness, and a few beers! Teams must have a minimum of 5 people including one female. Scoring top 3 finishers of each team by place including one female. The winning team wins a beautiful plaque to display at your beach house. **Team competition in 5k's only.**

KIDS FUN RUN At the Northbeach 5k. Free to kids 8 and under. Ribbons to all finishers. Parents are welcome to run with their kids if they can keep up. Kids fun run start at 7:55am. This is free for the kids. T shirts will be available for \$5.

WATER All Seven Sisters of Dewey Beach will have Pine Mountain Springs Water at the start, finish, and turnaround points. The 5k's will have one water stop on route and the 10k will have 3 water stops not including start and finish. For the Bottle & Cork Ten miler water will be provided at the 2-3-5-7 and 8 mile marks. Gatorade will also be provided at the finish line for all events.

Pine Mountain Springs Water provides commercial and home delivery of mountain fresh spring water. Call Tom or Renee at 302-836-3861 for home or office delivery. Coffee and snack delivery available also.

