

# 11th Annual DILIGENCE DASH

**DATE:** Saturday, June 12, 2004

**TIME:** 8:30 a.m. – 5K Run & Walk

**PLACE:** Wilmington Waterfront/Coast Guard Moorings adjacent to the Hilton Hotel

**COURSE:** DASH: Scenic 3.1 mile run or walk through downtown Wilmington. Asphalt, cobblestone and brick surfaces. Water at 1 mile and at start/finish. Start/finish at USCGC DILIGENCE moorings. **Certified as of this year!**

**ENTRY FEE:** Pre-registration received by June 1st: Dash, \$20.00. After June 1st: Dash, \$25.00; Students w/I.D., \$15.00.

**REGISTRATION & PACKET PICK-UP:** Early Packet Pickup is at Omega Sports, Hanover Center, Oleander Drive, on Wednesday, June 9th from 4 to 7 pm. Racers receive a 10% discount on most store merchandise during this period. Race day registration is at USCGC Diligence from 7:00 to 8:00 am. All those registered will receive their choice of a Diligence Dash T-shirt or Tank Top. Additional T-shirts and tank tops will be available for \$15 donation. Please contact race director.

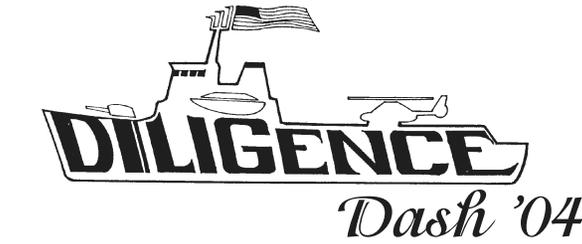
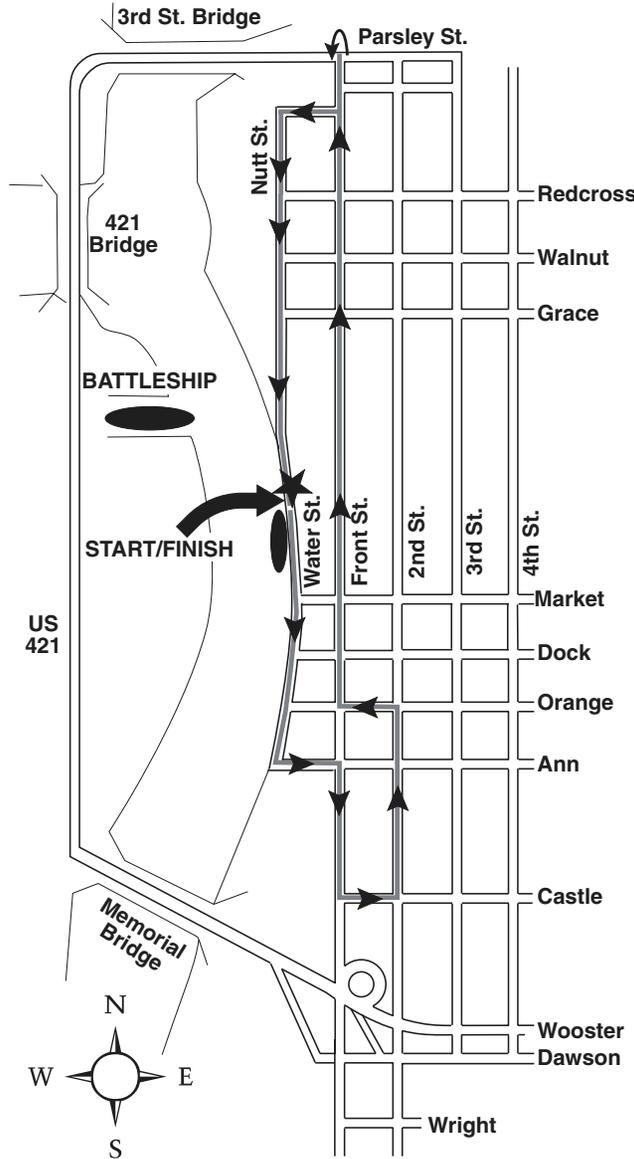
**AWARDS:** RUN: Awards to 1st and 2nd overall men's and women's finishers. Age group awards to top two in each men's and women's age group. Run age groups: 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up. WALK: Awards to 1st and 2nd overall men's and women's finishers. Age group awards to 1st in each men's and women's age group. Walk age groups: 49 & under, 50-59, 60-69, 70 & up.

**NON-PROFIT EVENT:** Proceeds to benefit Domestic Violence Shelter & Services of Wilmington and Cape Fear Council Boy Scouts of America.

**RACE DIRECTOR & INFO:** LT JG Mike Vega, (910) 815-4528 or 4527.

## COURSE MAP

Certified per RRCA requirements



OFFICIAL USE ONLY  
**BIB #**

### 11TH Annual DILIGENCE DASH

JUNE 12, 2004

WALK  RUN  
IF ABOVE IS NOT CHECKED,  
YOU WILL BE ENTERED IN RUN

Name \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Sex (circle): M F

Address \_\_\_\_\_ STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ [ ] \$20 by June 1 [ ] \$25 after June 1 [ ] \$15 Students

Shirt Size: [ ] Small [ ] Medium [ ] Large [ ] X-Large [ ] XX-Large [ ] T-Shirt [ ] Tank Top

LIABILITY RELEASE — MUST BE SIGNED

In consideration of the acceptance of my entry in the Annual DILIGENCE 5K, I, the undersigned, intending to be legally bound hereby, waive and release for myself, my heirs, executors, and administrators, any and all rights and claims for damages, demands and any other actions whatsoever, which I may have against the U.S. Coast Guard, the United States Government, the volunteer medical support, all participating supporters, and those entities' representatives, successors, and assignees, arising out of my participation in this event, including any and all injuries suffered by me as a result of my participation in this event.

I verify that I have full knowledge of the rigors of this race and the risks involved in participation, and that I am physically fit and have sufficiently trained for completion of this event. I realize that medical support for this event will consist primarily of volunteer medical personnel prepared to administer first aid type assistance along the race course and at the finish line.  
Reminder: No rollerblades, no head phones and no baby joggers.

Liability Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Runner (Or Parent if Under 18) \_\_\_\_\_

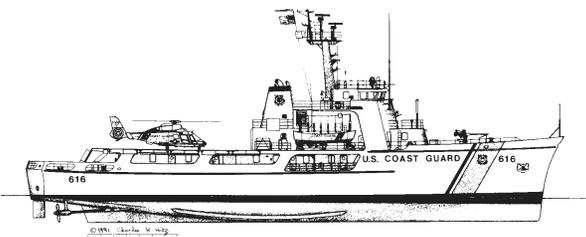
Printed Name \_\_\_\_\_

**Make Check Payable to:**  
DILIGENCE MWR  
**Send to:**  
USCGC DILIGENCE (WMEC-616)  
ATTN: LTJG MIKE VEGA  
109 N. WATER ST.  
WILMINGTON, NC 28401



# 11th Annual DILIGENCE DASH

Saturday  
June 12, 2004  
8:30 a.m. – 5K Run & Walk  
Downtown Wilmington



*proceeds benefit:*  
**Domestic Violence Shelter  
& Services of Wilmington**  
*and*  
**Cape Fear Council  
Boy Scouts of America**

## U.S. COAST GUARD CUTTER *DILIGENCE*

*presents*

# 11th Annual DILIGENCE DASH

USCGC DILIGENCE (WMEC-616)  
Attn: LTJG Mike Vega  
109 N. Water Street  
Wilmington, NC 28401



**8:30 a.m. 5K Run & Walk**

Wilmington Waterfront  
North Carolina  
Saturday, June 12, 2004