



16th Annual Mariners Bethel Trail Run

7 Mile Run 5K Run

3 Mile and 1 Mile FUN Walk

Kiddy Run

FUN FOR ALL FITNESS LEVELS!

12:50 P.M. Kiddy Run start time

1:00 P.M. Start for all other distances

***Assawoman Wildlife Refuge, Camp Barnes, Bayard, DE
Sunday, October 22, 2017***

***Benefits the Mariners Bethel United Methodist Church CRASH Youth Ministries
and 2018 missions.***

Tech T-shirts guaranteed to all pre-registered participants.

Great post-race picnic by the fire with live music.

***Awards presented to the 7 mile & 5K finishers overall & masters champions...and the top 3
finishers in the 14 age groups.***

All Kiddy Run participants will receive an award.

For more information including registration forms...

Visit: Mariners Bethel United Methodist Church, 81 Central Ave., Ocean View, DE 19970

Call: 302-745-6899 or 302-644-8952

Website: www.marinersbethel.org

Email: Bill Lord: lordlands@yahoo.com

Register Online: www.seashorestriders.com

