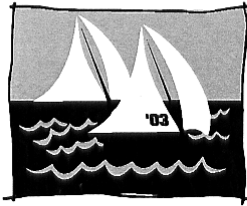


The Pine Beach Municipal Alliance For
Drug & Alcohol Awareness and Prevention Presents the 5th Annual



PINE BEACH 5K

1 Mile Riverside Run

A Jersey Shore Grand Prix Event

Sunday, June 22, 2003

**\$550 in Cash Awards With \$50 Bonus to
1st Male or Female to Break Course Record**

Fouzi Alaoui (2001) 14:48

Tara Pointin (2002) 17:06

Random giveaways include an original signed and framed print by local award-winning artist Virginia Pearle commemorating the 5th Anniversary of the Pine Beach 5K and a Mountain Bike courtesy of Beachwood Bicycles. Proceeds benefit local charities.



Proud Sponsor



Early packet pick-up Saturday, June 21, 5 - 7 pm, Pine Beach Municipal Building

Day of Start Time	7:30 am Vista Park, Riverside Drive, Pine Beach		
Entry Fees	5K Run/Racewalk	Pre-registration	\$15 Postmarked by June 10th
		Post-registration	\$18 Day of Race & early packet pick-up
	One-Mile	Pre-registration	\$10 Postmarked by June 10th
		Post-registration	\$12 Day of Race & early packet pick-up

Register online at



Jerseyrunner.com

- Awards** 5K Run Cash Awards – Top Three Male & Female – \$100, \$75, \$50
Top Male & Female Master - \$50
Awards – Top Three Male & Female 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up.
Special Award – First Male and Female Pine Beach Residents,
First Male and Female Ocean Running Club Members
Racewalk – Awards for Top Three Male and Female
One Mile Run – Awards to Top Three Male and Female Finishers. Ribbons to all participants
- Course** Fast, scenic, USATF certified 3.1 mile course along the Toms River and through the quiet streets of Pine Beach. All roads are closed to traffic. Two waterstops and clocks at miles 1 and 2. Strollers and baby joggers welcome. No skates, blades, bikes or pets.
- Amenities** 5th Anniversary shirts and ceramic mugs designed by Virginia Pearle guaranteed to all 5K and one mile pre-registrants, and to post while they last. Computer scoring and postcard results, free post race pasta party, random prizes, masseuse, and entertainment by DJ Joe.
- Special** A limited quantity of artist signed 16 x 20 prints commemorating the 5th Anniversary of the Pine Beach 5K will be available for purchase that day for a special price of \$30 each. Cash or checks payable to the Pine Beach 5K will be accepted.
- Directions** From the North: Take the Garden State Parkway to exit 80. Follow Rt. 9 South to the 5th traffic light and make a left onto Motor Road. Follow signs to Vista Park.
From the South: Take the Garden State Parkway to exit 77 and bear right at the light at the bottom of the ramp. Go to the 1st traffic light and make a left. Take to Rt. 9 South. Make a right and go to 3rd traffic light. Make a left onto Motor Road and follow signs to Vista Park.
- Questions?** For additional information call 732-349-6425 or visit our website: www.pinebeach5k.com

Pine Beach 5K and One-Mile Application Form

Name _____ Age on race day _____ M/F _____
Address _____ City/State _____ Zip _____
Telephone _____ 5K Run 5K Walk One-Mile Run
 Pine Beach Resident Ocean Running Club Member
Jersey Shore Grand Prix Participant Shirt Size (circle one) S M L XL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including high and low temperatures and or humidity, traffic and other conditions of the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Borough of Pine Beach, Berkeley Township, Pine Beach Municipal Alliance for Drug & Alcohol Awareness and Prevention, all race volunteers and all sponsors, their representative, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Do not write in this box

Signature (if under 18 – parent/guardian) _____

Date _____