



**Sunday April 10th! Spend a morning By the Bay with your family
and help the children of Southern Ocean County by participating in the
Duathlon 2.1 Run, 18.8 Bike, 2.1 Run (miles)**

or

**“Walk your Parent/ Grandparent” 2 miles
Doc Cramer Park, Stafford Twp., NJ**

PROCEEDS BENEFIT PEDIATRIC SERVICES AT SOUTHERN OCEAN COUNTY HOSPITAL

**TIME: 8:00 a.m. Duathlon
8:30 a.m. Kids’ 1 Mile Fun Run
9:00 a.m. Walk/Run your Parent/Grandparent**

ENTRY FEE:

Pre-Registration by March 31 Duathlon	\$50
Day of Race (6:30 am registration)	\$65
*2-Mile “Walk your Parent/Grandparent”	*Adult \$25 / Child \$10
Kids’ 1-Mile Fun Run (children under 10)	\$10

* If a child participates in both Fun Run and Walk, only one \$10 fee applies

The 4th annual Duathlon course provides scenic views of the bay and wildlife preserves. First aid and radio communications are readily available. Complimentary refreshments are provided after the race for participants. Award Ceremony immediately follows the event. For More info call 609-978-3076 or email us at: lklein@soch.com. Visit us at: www.soch.org and view the course map.

DIRECTIONS:

From the Garden State Parkway, take exit 63 East onto Route 72 East. Turn right at the first traffic light (Commerce Bank) onto Doc Cramer Blvd. Take your first right (proceed behind Commerce Bank) and then our first left continuing on Doc Cramer Blvd. Pass the mall with Staples. Doc Cramer Park will be approximately ½ mile on your left.
From Route 70, take Route 70 East to Route 72 East. Once you enter Manahawkin, pass by the northbound entrance of the Garden State Parkway. After you pass the Parkway entrance, proceed to the first traffic light and turn right (Commerce Bank) onto Doc Cramer Blvd. Take your first right (proceeding behind Commerce Bank) and then your first left continuing on Doc Cramer Blvd. Pass the mall with Staples. Doc Cramer Park will be approximately ½ mile on your left.

Registration Form: Detach and Mail

*Please mail this entry with check made payable to
SOCH Foundation, 1140 Route 72 West, Manahawkin, NJ 08050*

Name: _____ Age*: _____ Sex: _____

*For Duathlon participants, please indicate age bracket: • Up to 19 • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70 and Over

Address: _____

City: _____ State: _____ Zip: _____

Event (circle one): • Duathlon • 2-Mile Fun Walk • Kids’ 1-Mile Fun Run

Walkers will receive a one-size-fits-all visor.

For Duathlon and Kids’ Fun Run participants, please indicate T-shirt size:

• Adult Sm. • Adult Med. • Adult Lg. • Adult X-Lg. • Adult XX-Lg.