

**Saturday, April 22<sup>nd</sup>!**  
**Spend a morning racing to LBI and back**  
**and help the children of Southern Ocean County by participating in**  
**1<sup>st</sup> Annual SOCH Great Causeway Challenge**



**Biathlon 30 Mile Bike and 10K Run**  
**or**  
**Bike Only 30 miles**  
**or**  
**10K Run Only**



***Kids' 1 Mile Fun Run***

**PROCEEDS BENEFIT SOUTHERN OCEAN COUNTY HOSPITAL'S  
KIDS HEALTH PROGRAMS, TECHNOLOGY AND EDUCATION**

**TIME:** 8:00 a.m. Start of the Causeway Challenge Biathlon  
8:15 a.m. Start of the Causeway Challenge Bike Only Race  
8:30 a.m. Start of the Causeway Challenge 10K Race  
8:45 a.m. Start of the Kids' 1 Mile Fun Run

**PLACE:** Southern Regional High School, Manahawkin, New Jersey

**ENTRY FEE:**

Biathlon - Pre-Registration by March 31	\$50
Biathlon - Day of Race (7:30 am registration)	\$65
30 mile Bike Only- Pre-Registration by March 31	\$25
30 mile Bike Only - Day of Race (7:30 am registration)	\$30
10K Race - Pre-Registration by March 31	\$25
10K Race - Day of Race (7:30 am registration)	\$30
Kids' 1-Mile Fun Run (children under 10)	\$10

**Biathletes**

The Great Causeway Challenge course provides scenic views of the bay and wildlife preserves from Manahawkin to Barnegat Lighthouse and back! The Biathlon begins at 8 a.m. at Southern Regional High School with the bike ride along Hilliard Blvd, to Marsha Road, across the Route 72 Causeway Bridge, up Long Beach Blvd. to the Barnegat Lighthouse and back to Southern Regional High School where you will make the transition to the 10K run along Hilliard Blvd. to the wild life refuge and back to the finish Line at Southern Regional High School.

**Bike Only**

Bikers only race will start at 8:15 a.m. and follow the Biathletes' bike course from Manahawkin to Barnegat Lighthouse and back.

**Runners Only**

The 10K run will begin at 8:30 a.m. at Southern Regional High School, run along Hilliard Blvd. to the wild life refuge and back to the finish Line at Southern Regional High School.

Throughout the course, hydration, first aid and radio communications will be readily available. Complimentary refreshments will be provided after the race for all participants. Award Ceremony immediately follows the event.

**Registration:** Detach and Mail or Fax 609-978-8983 or Online at [www.sochfoundation.org](http://www.sochfoundation.org)

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

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

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): • Biathlon • Bike Only • 10K Only • Kids' 1-Mile Fun Run

Please indicate T-shirt size: • Adult Sm. • Adult Med. • Adult Lg. • Adult X-Lg. • Adult XX-Lg. • Youth Sm. • Youth Med. • Youth Lg.

I'm sorry I can't attend, please accept my donation \$ \_\_\_\_\_