



# Pine Beach 5k

## One Mile Riverside Run

USATF-NJ  
Masters  
Championship

USATF  
Certified Course  
#NJ01010GAN

SUNDAY, JUNE 24, 2007

PINE BEACH, NJ

5K - 9:00 A.M. 1 MILE - 8:15 A.M.

COURSE RECORDS:  
Fouzi Alaoui (2001) 14:48  
Tara Pointin (2002) 17:06

PRIZE MONEY, TEAM CHALLENGE, 5 YEAR AGE GROUPS, FREE POST RACE OUTBACK STEAKHOUSE BBQ,  
RANDOM GIVE-AWAYS INCLUDING A CUSTOM ROAD BIKE - COURTESY OF BEACHWOOD BICYCLES

Proceeds benefit the Pine Beach 5K Scholarship Fund, Cure Autism Now and local charities.

REGISTER ONLINE AT



Jerseyrunner.com

Early packet pick-up Saturday, June 23, 5 - 7 p.m., Pine Beach Municipal Building

Day of 7:30 a.m. Vista Park, Riverside Drive, Pine Beach

Start Time 5K - 9:00 a.m., One Mile - 8:15 a.m.

Entry Fees 5K \$20 Postmarked by June 14th - \$25 Day of Race & early packet pick-up  
USATF Members - 5K \$18 Postmarked by June 14th - \$25 Day of Race & early packet pick-up  
One-Mile \$15 Postmarked by June 14th - \$20 Day of Race & early packet pick-up

Awards 5K Run - Top three men and women; \$150, with a \$100 bonus if the course record is broken, \$125, and \$100.  
Top non-USATF Male & Female Master - \$75.00  
5K USATF-NJ Masters - Top six men and women 40+ \$150, \$125, \$100, \$75, \$50, \$25. No duplicate cash awards  
Age Group Award - Top three male and female in 5 year age groups: 14 and under through 80+  
Special Awards - First male and female Pine Beach Resident, First male and female Ocean Running Club member, and First Place teams in each category (see rules below).  
Racewalk - Top three male and female  
One Mile - Top three male and female, ribbons to all participants

Team Challenge Awards will be given to the first place team in each category: male, female and mixed. Teams can consist of 3 or more runners. The top 3 from each team will score. Each team member must complete an application with the team name & category. Applications can be mailed separately with individual entry fee. There is no additional team fee. All team members are eligible for individual awards.

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 water stops and clocks at miles 1 and 2. Strollers and baby joggers welcome. No skates, blades, bikes or pets.

Amenities Technical T-shirts and travel mugs guaranteed to all 5K & One Mile pre-registrants, and to post while they last. Computer scoring, free post race Outback Steakhouse BBQ, random prizes including a custom road bike, masseuses & entertainment by DJ Joe!

Running 101 Beginner Running Program starts in April. For details, visit www.Geocities.com/JMacRunning or e-mail Run101NJ@AOL.com.

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 West: Take Rt. 70 East to the Rt. 37 East to Garden State Parkway South, follow above directions. 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. From the East: Take a boat.

Questions? For additional information call 732-349-6425 or visit our web site: www.pinebeach5k.com

### Pine Beach 5K and One-Mile Application Form

ONE APPLICANT PER FORM - USE SEPARATE APPLICATION FORMS WHEN REGISTERING FOR MORE THAN ONE EVENT

Name \_\_\_\_\_ M/F \_\_\_\_\_ Shirt Size (circle one) S M L XL  
Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Age on race day \_\_\_\_\_ Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

5K Run/5K Walk  5K Race-Walk  One-Mile Run  Pine Beach Resident  Ocean Running Club Member

Team Name \_\_\_\_\_ Circle one team category: Male Female Mixed

2007 USATF # \_\_\_\_\_ D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

Applicant Signature (If under 18, a parent/guardian signature)

Date

Please make check payable to: Pine Beach 5K

Mail application and payment to: Pine Beach 5K, PO Box 354, Pine Beach, NJ 08741

Pine Beach 5K  
 PO Box 354  
 Pine Beach, NJ 08741

PRESORTED  
 FIRST CLASS MAIL  
 U.S. POSTAGE PAID  
 PINE BEACH, NJ 08741  
 PERMIT NO. 1

# Pine Beach 5k

One Mile Riverside Run

SUNDAY, JUNE 24, 2007

PINE BEACH, NJ

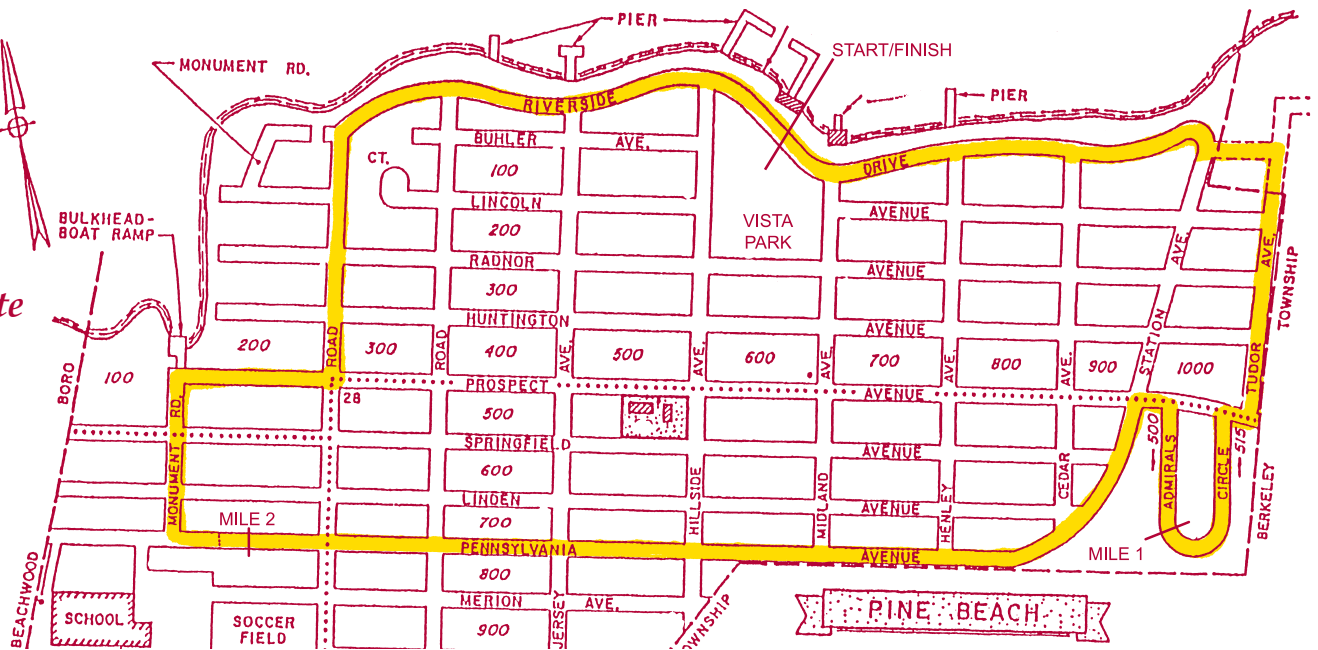
5K - 9:00 A.M. 1 MILE - 8:15 A.M.



- USATF-NJ Masters Championship
- Prize Money for Open & Masters
- Team Challenges
- 5 Year Age Groups
- Free Post-race Outback Steakhouse BBQ
- Ocean County's Most Popular Race
- Random Give-aways- Including a Custom Road Bike - Courtesy of Beachwood Bicycles and Much More!

*Proceeds benefit the Pine Beach 5K Scholarship Fund,  
 Cure Autism Now and local charities.*

Course Route



**Cure Autism Now Optional Donation Form:**

Entry Fee: \$ \_\_\_\_\_

Optional donation to Cure Autism Now \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Please make check payable to: **Pine Beach 5K**  
 Mail application and payment to: Pine Beach 5K, PO Box 354, Pine Beach, NJ 08741

**PROUD SPONSORS**



The Pine Beach Municipal Alliance  
 for Drug & Alcohol  
 Awareness and Prevention

