

**SUNDAY, AUGUST 17, 2008 – 9:30 A.M.  
 HARVEY CEDARS, NJ • LONG BEACH ISLAND**

*30th Annual*  
**DOG DAY ROAD RACE**

**5-mile Run**

**Rain or Shine**

- TIMING:** Splits at 1 mile and 4 miles; Finish Line: Digital Display Electronic Timing.  
*Complete results posted at 12 p.m. at Firehouse*
- SPONSORS:** Local town merchants and residents.  
 To benefit **High Point Volunteer Fire Company.**
- LOCATION:** Exit 63, Garden State Parkway, Rt. 72 East to Long Beach Island, 4.5 miles north on Long Beach Boulevard to 80th Street, Harvey Cedars.  
 Scenic course in beautiful Harvey Cedars.
- START/FINISH REGISTRATION:** **High Point Fire House, start 9:30 a.m. sharp.**  
 On site Pre-registration Saturday, August 16th from 2 p.m. to 6 p.m. - **\$20.**  
 Day of Race 7 a.m. to 9 a.m. - **\$30.**
- FACILITIES:** No showers or lockers. Ample parking at Salem Ave. Recreation Area.
- SERVICES:** Water during race and light refreshments afterwards.
- AWARDS:** Prizes to top 3 finishers in 15 age groups: (10 & under) (11-13) (14-16) (17-19) (20-24) (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70+)  
**Cash prizes** to first three Male Overall & first three Female Overall finishers.
- INFORMATION:** Web Site: [www.harveycedars.org](http://www.harveycedars.org) or call (609) 618-2698
- COURSE RECORD:** Jarrod Shoemaker – 25:03, 2003; Laurie Corbin – 29:24, 1996.
- T-SHIRT:** All paid entries include T-shirt. Size guaranteed for pre-registered runners only.  
 Mark size below.

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*PRINT CLEARLY*

**30th Annual  
 DOG DAY ROAD RACE  
 Sunday, August 17, 2008**

For official use only

<b>LAST NAME</b>	<b>FIRST NAME</b>	<b>AGE</b> Day of Race	<b>SEX</b>
S M L XL	Area Code Phone	M F	

**T-SHIRT SIZE** (Adult Sizes)

Mailing Address  Street  Include Apt. No. and/or C/O

City  State  Zip Code  -

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

in consideration of this entry being accepted, I the undersigned, intend to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release the High Point Volunteer Fire Co., Borough of Harvey Cedars, Ocean County Bar Association, race supervisors, workers, volunteers, and sponsors for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Please complete the above and mail to:

**DOG DAY ROAD RACE**  
 c/o High Point Volunteer Fire Co.  
 P.O. Box 3219  
 Harvey Cedars, NJ 08008

**BE SURE TO INCLUDE YOUR  
 \$20.00 ENTRY FEE  
 \$30.00 DAY OF RACE**