



RRCA Eastern Region 5K Championship 10TH ANNUAL



USATF-NJ
Masters
Championship

USATF
Certified Course
#NJ01010GAN

SUNDAY, JUNE 22, 2008

PINE BEACH, NJ

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

COURSE RECORDS:
Fouzi Alaoui (2001) 14:48
Kathleen Jobes (2007) 16:45

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, Autism Speaks and local charities.

REGISTER ONLINE AT



Early packet pick-up Saturday, June 21, 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 12th - \$25 Day of Race & early packet pick-up
USATF Members - 5K \$18 Postmarked by June 12th - \$25 Day of Race & early packet pick-up
One-Mile \$15 Postmarked by June 12th - \$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+ AGE GRADED: \$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

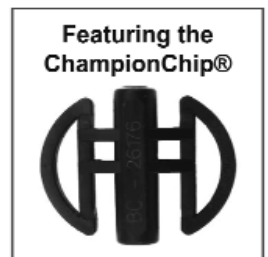
Team Challenge Awards will be given to the first place team in each open category: male, female and mixed. Teams can consist of 3 or more runners. The top 3 from each team will score. Each team member must complete an application with the team name & category. Applications can be mailed separately with individual entry fee. There is no additional team fee. All team members are eligible for individual awards. USATF-NJ teams will be scored separately and team members can not participate in the Team Challenge.

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 Special 10-year anniversary T-shirts, hats and socks guaranteed to all 5K & One Mile pre-registrants, and to post while they last. Championship timing, free post race Outback Steakhouse BBQ, random prizes including a custom road bike, masseuses & entertainment by DJ Joe!

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

2008 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