



Saturday, April 25th!
4th Annual SOCH Great Causeway Challenge (4 different races at 1 event)

**Biathlon 30 Mile Bike and 10K Run or
 Bike Only 30 miles, or 10K Run Only, or 5K Run Only, & Kids' 1 Mile Fun Run**

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

TIME: 9:00 a.m. Start of the Causeway Challenge Biathlon
 9:15 a.m. Start of the Causeway Challenge Bike Only Race
 9:30 a.m. Start of the Causeway Challenge 10K Race
 9:45 a.m. Start of the Causeway Challenge 5K Race
 9:50 a.m. Start of the Kids' 1 Mile Fun Run

Race will be held rain or shine

PLACE: Southern Regional High School, Route 9, Manahawkin, New Jersey

ENTRY FEE:	Biathlon - Pre-Registration	\$50
	Biathlon - Day of Race (7:30 am registration)	\$65
	30 mile Bike Only- Pre-Registration	\$25
	30 mile Bike Only - Day of Race (7:30 am registration)	\$30
	10K Race - Pre-Registration	\$25
	10K Race - Day of Race (7:30 am registration)	\$30
	5K Race - Pre-Registration	\$25
	5K Race - Day of Race (7:30 am registration)	\$30
	Kids' 1-Mile Fun Run	\$10

Biathletes - The Great Causeway Challenge course provides scenic views of the bay and wildlife preserves from Manahawkin to Barnegat Light and back! The Biathlon begins at 9 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 Light and back to Southern Regional High School where you will make the transition to the 10K run proceeding through the hills and dales of the beautiful residential areas of Stafford Twp., and back to the Finish Line at Southern Regional High School.

Bike Only - Bikers only race will start at 9:15 a.m. and follow the Biathletes' bike course from Manahawkin to Barnegat Light and back.

Runners Only - The 10K run will start at 9:30 a.m. at Southern Regional High School, proceed through the hills and dales of the beautiful residential areas of Stafford Twp., and back to the school to the Finish Line. The 5K run will start at 9:45 a.m. and follow similar 10K route.

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

Registration: Detach and mail or online at www.SOCHFoundation.org

Registration Fees are non-refundable

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

Name _____ Address: _____
 City _____ State _____ Zip _____ Phone # _____ Email _____ Age _____ Sex _____

Circle Event: *Biathlon *Bike Only *10K Only *5K Only *Kids 1 Mile Fun Run

Circle T-Shirt Size: *Adult Small *Adult Medium *Adult Large *Adult XL *Youth Small *Youth Medium *Youth Large

T-Shirts guaranteed to all pre-registrants; day of registrants will receive T-shirts while supplies last

ACKNOWLEDGEMENT WAIVER AND RELEASE FROM LIABILITY (must be signed to participate)

I acknowledge that a Biathlon or bi-sport event, a 10K Run, a 5K Run, and a 30 Mile Bike Only Race is an extreme test of a person's physical and mental limit and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN ANY PORTION OF THE GREAT CAUSEWAY CHALLENGE EVENT. I certify that I am physically fit, have sufficiently trained for participation in any portion of the event(s), and have not been advised otherwise by a qualified medical person. I acknowledge that my statements on this AWRL are being accepted in consideration for allowing me to become a participant and are being relied upon by various race sponsors, organizers and administrators in permitting me to participate in this event. In consideration for allowing me to become a participant, I hereby take the following action for myself, my executors, administrators, heirs, next of kin successors and assigns: a) I AGREE to abide by the Competitive Rules adopted by, including the Medical Control rules, as they may be amended from time to time and acknowledge that my participation may be revoked or suspended by violation of Competitive Rules; b) RELEASE AND DISCHARGE from any and all claims of liabilities for death, personal injury, property damage, theft or damages of any kind, which arise out of or relate to my participation, or my traveling to and from this event, the FOLLOWING PERSONS OR ENTITIES: event sponsors, race directors, event producers, volunteers, all states, cities, counties or locations in which events or segments are held, and officers, directors, employees, representatives and agents of any of the above; c) I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities that I have waived or discharged herein; and d) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned above from any claims or liabilities assessed against them as a result of my actions during this event. I HEREBY AFFIRM THAT I AM EIGHTEEN YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND UNDERSTAND ITS CONTENTS. (If a participant is under 18 years of age, a parent or guardian is required to sign.)

Signature _____ Date _____

(If under 18 years of age, Parent/Guardian must sign.)

All applications are considered charitable contributions and will not be refunded