

SUNDAY, AUGUST 16, 2009 – 9:30 A.M.
HARVEY CEDARS, NJ • LONG BEACH ISLAND
31st Annual
DOG DAY ROAD RACE
5-mile Run Rain or Shine

TIMING: Disposable chip system using The ChampionChip. Personal chips may be used for Pre-Registrations only.
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 **High Point Fire House, start 9:30 a.m. sharp.**

REGISTRATION: On site Pre-registration Saturday, August 15th from 2 p.m. to 6 p.m. - **\$25.**
 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 or call (609) 618-2698

COURSE RECORD: Philip Kilptoo – 24:47, 2008; Laurie Corbin – 29:24, 1996.

T-SHIRT: All paid entries include T-shirt. Size guaranteed for pre-registered runners only.
 Mark size below.

 **PRINT CLEARLY**

31st Annual
DOG DAY ROAD RACE
Sunday, August 16, 2009

For official use only

| | | | |
|-------------------------|----------------------|-----------------------------|----------------------|
| LAST NAME | FIRST NAME | AGE | SEX |
| <input type="text"/> | <input type="text"/> | Day of Race | M F |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| T-SHIRT SIZE | Area Code | Phone | |
| (Adult Sizes) | <input type="text"/> | <input type="text"/> | |
| S M L XL | <input type="text"/> | <input type="text"/> | |
| Mailing Address | Street | Include Apt. No. and/or C/O | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | |
| City | State | Zip Code | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

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
\$25.00 ENTRY FEE
\$30.00 DAY OF RACE