

Shore Athletic Club of New Jersey  
Jersey Shore Half Marathon  
Proudly presents the 8th Annual  
**Sandy Hook Lighthouse 5K**



Gateway National Recreation Area — Sandy Hook, NJ

**Sunday, October 2, 2011**

**Start time: 9:10 am** (five minutes after the half marathon start) **CHIP TIMED**

### **Registration**

To enter, fill out the application complete, sign it. You will receive your race number and information packet will be mailed to you in mid September. **Applications received after September 25 will be held for pickup on race day at the park.** On line registration at [www.RaceForum.com/Lighthouse](http://www.RaceForum.com/Lighthouse) download application at <http://jerseyshorehalfmarathon.com/>

### **Entry Fee**

Pre-registration can be made by mail. The pre-registration fee is \$20.00. Post-registration \$ 25.00 will be available on race day beginning at 7:00 am. Post-registration will take place at McLoone's Riverside Restaurant on Ocean Avenue, 2 mile south of Sandy Hook. **Please note No Registration will take place at the Park**

**Post Registration Closes at 8:30 A.M. SHARP.**

### **Awards**

Awards will be given to: Top 10 male and female runners and 1<sup>st</sup> male & female Racewalker USATF rules apply.

We love kids but!!! We must prohibit ***strollers/baby joggers*** in the Lighthouse 5K. We know that you are careful parents. **Dogs** at a race may be a hazard to runners, children and spectators. We also cannot have **runners in costumes** as this is a hazard to other runners and a safety issue that our insurance company will not cover these situations. **We ask for your cooperation!! Thank You.**

Amenities You will enjoy the same quality refreshments, shirt and raffle chances as the Half Marathon participants. Please be considerate of those finishing after you and half marathon finishers. The refreshments are for all participants and volunteers.

### **Directions**

From the South, take the Garden State Parkway to exit 105 and follow Route 35 East to the Ocean, Make a left turn on Ocean Avenue to Gateway National Park, Sandy Hook. From the North, take the Garden State Parkway to exit 117 to Route 36, follow signs to Sandy Hook. Parking lot "E" at the Park. **Because of Construction on the Sea Bright bridge leave enough travel time.**

Additional information e-mail to [jerseyshorehalfmarathon@gmail.com](mailto:jerseyshorehalfmarathon@gmail.com) or  
download application from our web site at <http://jerseyshorehalfmarathon.com/>

## Sandy Hook Lighthouse 5K

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ADDRESS																													
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CITY										STATE					ZIPCODE														
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**Make checks payable to:**

**Jersey Shore Half Marathon and mail to: 1222 Barton Ave Point. Pleasant New Jersey 08742**

### Liability and publicity release

I know that running and volunteering to work club races are potentially hazardous activities. I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by any decision of the race official related to my ability to safely complete the run. I assume all risks associated with running and volunteering to work this event including, but not limited to falls and contact with other participants, the effect of either, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known to me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application of myself or anyone entitled to act on my behalf, waive and release The Municipality of Sea Bright, Gateway National Park, Sandy Hook, NJ, the Shore Athletic Club of New Jersey, The Jersey Shore Half Marathon, McLoone's Riverside Restaurant, the Road Runners Club of America, any and all sponsors, volunteers, race officials, their representatives, successors from all claims or liability of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read all terms and conditions of this release and do intend to be legally bound thereby. I must complete the application legibly and completely for award eligibility.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent signature if athlete is under 18 \_\_\_\_\_

In case of emergency, Please notify: Name \_\_\_\_\_ Phone \_\_\_\_\_

**With Cooperation from:**  
**Freehold Area Running Club - The Jersey Shore Running Club**

On line registration at [www.RaceForum.com/Lighthouse](http://www.RaceForum.com/Lighthouse)

