



PRESENTED BY THE
CAPE MAY COUNTY COAST GUARD COMMUNITY
★ ★ ★ FOUNDATION ★ ★ ★

RACE DAY SCHEDULE

7:00	CHECK-IN OPENS
8:55	CHECK-IN CLOSES
9:00	5K START
9:05	K9 START
10:30	AWARDS

RACE DAY REGISTRATION 7:00-8:45

RACE PACKET INFORMATION

**EARLY PACKET PICKUP IS AVAILABLE
ON FRIDAY AT HARBORVIEW PARK
FROM 4:00 TO 6:00 PM**



**YOU CAN ALSO GET YOUR PACKET
ON RACE MORNING**

PARKING

**THERE IS NO PARKING AT THE VENUE!
STREET PARKING IS AVAILABLE IN THE SURROUNDING
NEIGHBORHOODS ONLY
RUNNER DROP OFF IS AT THE DRY DOCK RESTAURANT
PARKING LOT (1440 TEXAS AVE)**



SECURITY

**ALL 5K RUNNERS WILL BE SUBJECT TO A
PRE-RACE SECURITY SCREENING.**

**NO RUNNER WILL BE ALLOWED TO ENTER THE
US COAST GUARD BASE WITHOUT AN
AUTHORIZED ENTRY STICKER ON THEIR BIB.**

**5K RUNNERS MUST ENTER AND REMAIN IN THE
PRE-RACE HOLDING ZONE FOLLOWING THEIR SCREENING.
YOU HAVE UNTIL 8:55 TO CHECK IN.**

**ALWAYS READY K9 PARTICIPANTS ARE NOT REQUIRED TO
COMPLETE THE SAME SECURITY PROCESS AND
WILL HAVE THEIR OWN PRE-RACE HOLDING ZONE.**



PACKET INFORMATION

5K RUNNERS WILL RECEIVE A BIB, SAFETY PINS, T SHIRT, AND CHALLENGE COIN

K9 RUNNERS WILL RECEIVE A BIB, SAFETY PINS, COMMEMORATIVE PIN, AND A MEDAL UPON COMPLETION OF THE RUN

PARTICIPANTS MUST CHECK IN FOR THEIR BIBS BEFORE RECEIVING THEIR GIVEAWAY ITEMS

**BAG CHECK WILL BE AVAILABLE FOR ALL PARTICIPANTS.
MUST USE CLEAR BAG PROVIDED BY THE RACE.**

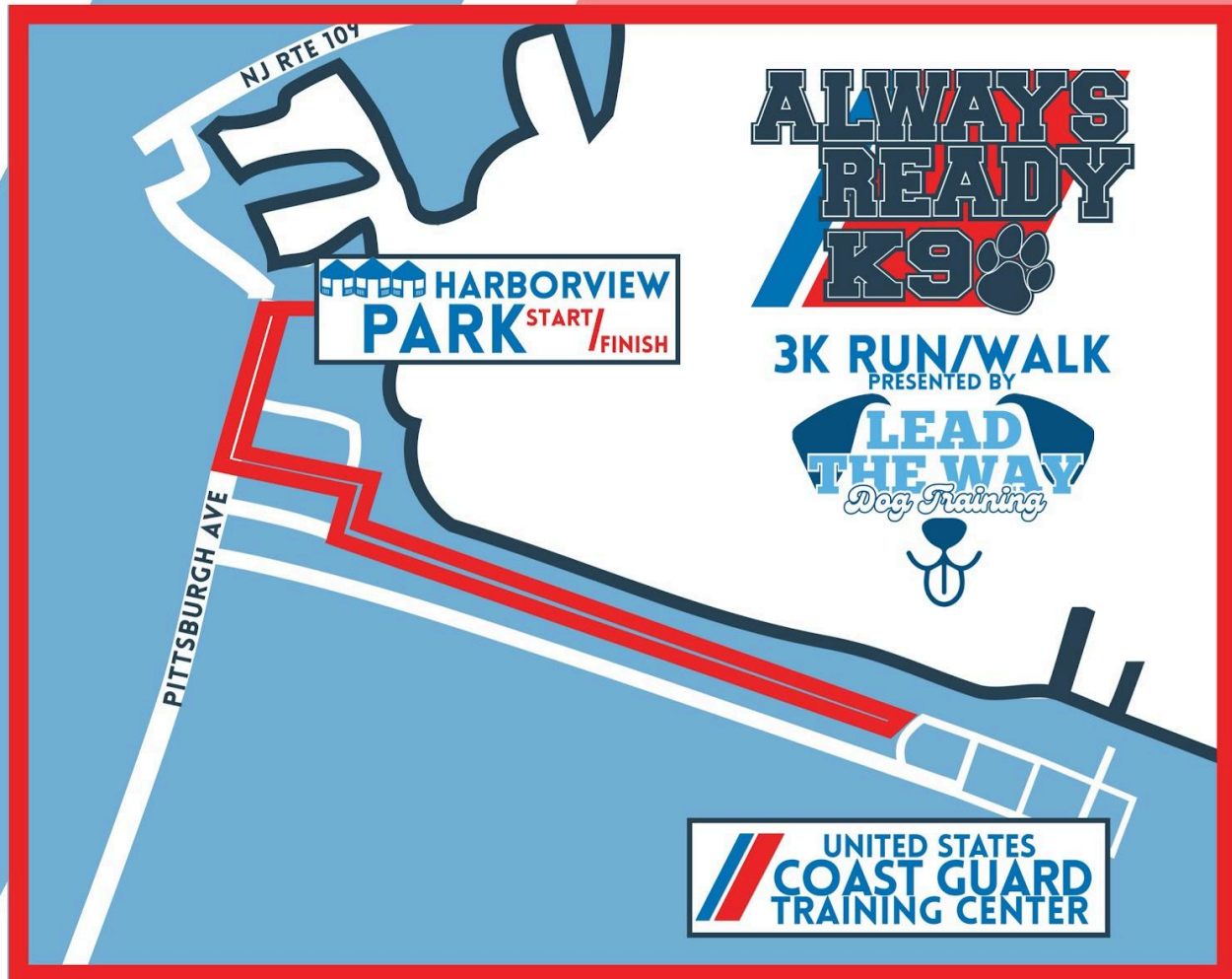
PACKET PICKUP AND REGISTRATION WILL BE LOCATED AT HARBORVIEW PARK

COURSE INFORMATION



- OUT AND BACK COURSE STARTING AND FINISHING AT HARBORVIEW PARK
- 5K COURSE INCLUDES A LOOP THROUGH USCG TRAINING CENTER CAPE MAY

COURSE INFORMATION



- OUT AND BACK COURSE STARTING AND FINISHING AT HARBORVIEW PARK
- TOTAL DISTANCE: 3K (JUST SHY OF 2 MILES)
- REST STOP WITH WATER BOWLS LOCATED AT THE TURNAROUND



**CAPE MAY BREWING COMPANY WILL BE
AT THE RACE THIS YEAR**

**THE FIRST BEER IS FREE FOR ALL RUNNERS VIA THE
TICKET ATTACHED TO YOUR BIB.
BEER CAN ONLY BE CONSUMED IN THE AUTHORIZED
ZONE AND YOU MUST SHOW VALID ID TO BE ABLE TO
ENTER AND REDEEM YOUR TICKET.**

**MAC'S CAFE FOOD TRUCK WILL ALSO BE ON SITE SERVING
BREAKFAST & COFFEE FOR PURCHASE**



ALWAYS READY 5K

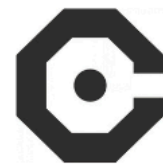


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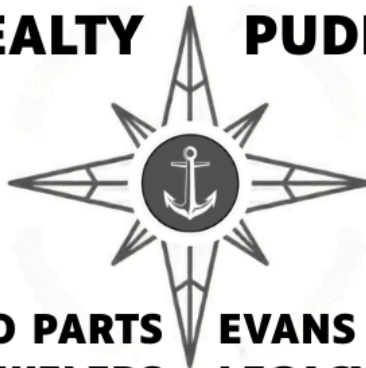
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AVALON LADY LLC. ATLANTICARE
LOWER TOWNSHIP CHAMBER OF COMMERCE

PRESENTED BY



PRODUCED BY

SECOND CAPITAL RUNNING