

RACE DAY SCHEDULE

6:30	CHECK-IN OPENS
7:55	CHECK-IN CLOSES
8:00	1 MILE WALK
8:10	5K RUN
9:00	KIDS RACES
9:15	AWARD CEREMONY

RACE DAY REGISTRATION 6:30-8:05

EARLY BIB & SHIRT PICKUP IS AVAILABLE ON SATURDAY 4/18 AT THE CAPE MAY COUNTY PARK/ZOO EARTH DAY CELEBRATION 10AM TO 3PM



PARTICIPANTS CAN ALSO PICKUP ON RACE DAY

CAN'T MAKE IT? FRIENDS/FAMILY CAN GET YOUR THINGS FOR YOU

BOTH RUNNERS AND WALKERS NEED TO CHECK IN TO RECEIVE THEIR RACE ITEMS AND/OR GIVEAWAYS

5K COURSE



THE 5K RUN WILL START NEAR THE RT 9 ENTRANCE OF THE PARK AND FINISH IN FRONT OF THE BANDSTAND.

THE FIRST TWO MILES OF THE RACE WILL GO THROUGH THE ROADS AND BIKE PATHS OF THE PARK BEFORE BRINGING RUNNERS INTO THE ZOO FOR THE FINAL MILE.

THERE WILL BE "SLOW ZONES" AS RUNNERS PASS CERTAIN ENCLOSURES IN THE ZOO. WE ASK THAT RUNNERS BRIEFLY SLOW THEIR PACE WHEN SIGNS ON THE COURSE INDICATE TO DO SO.

THE ANIMALS COME FIRST IN THIS RACE!



2 START TIMES FOR THE 5K RUN



WE HEARD YA!

THERE'S A COUPLE TIGHT SPOTS ON THE ROUTE FOR OUR STROLLER RUNNERS SO WE ARE USING A WAVE START THIS YEAR TO MAKE IT MORE COMFORTABLE



**THE FIRST WAVE OF 5K RUNNERS
WILL GO OFF AT 8:10 AM**

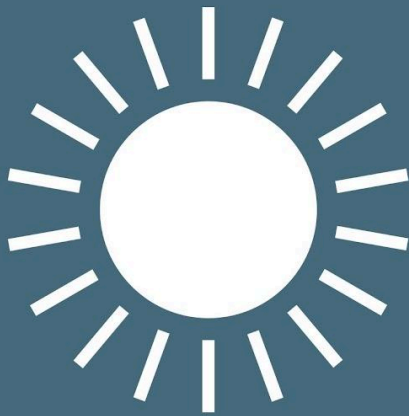
THIS WAVE IS FOR THE SPEEDSTERS AND MEDAL CHASERS.

**THE NEXT WAVE OF 5K RUNNERS
WILL GO OFF AT 8:15 AM**

WAVE 2 IS RESERVED FOR OUR STROLLER RUNNERS, FAMILIES, AND RUNNERS AT A 12:00+ MINUTE MILE
CHIP TIMING IS USED AND YOUR FINISH TIME WILL NOT BE AFFECTED BY STARTING LATER

1M WALK

THE WALK WILL BEGIN AT
8:00 AM-TEN
MINUTES BEFORE THE
START OF THE 5K RUN



WALKERS DO NOT NEED TO LINEUP AT
CHECK-IN WITH THE RUNNERS.
PROCEED STRAIGHT TO THE GIVEAWAY
TABLE WHEN YOU ARRIVE AND
LISTEN FOR ANNOUNCEMENTS.

THIS IS A CUPLESS EVENT



**THERE WILL BE NO WATER
STATIONS ON THE COURSE.
WATER WILL BE AVAILABLE AT
THE FINISH LINE.**

KIDS RACES



200 YARD DASH

AGES 8 & UNDER

1/4 MILE DASH

AGES 12 & UNDER



FREE

NO SIGN UP, JUST LINE UP!

9:00 AM

PRESENTED BY



Member
FDIC

Committed to Personal Service®



POWERED BY

SECOND CAPITAL RUNNING

SOUTH JERSEY STRONG SINCE 2018

PROCEEDS BENEFIT 2 CAPE MAY CHARITIES



THANK YOU FOR YOUR DONATIONS!