



8:30am Monday, September 3, 2018  
Pier House 5K, P.O. Box 46  
Long Branch, NJ 07740  
info@jsgrandprix.com

## Runner's Information Sheet

*Thank you for entering the Pier House 5K run.*

**Events will be held Rain or Shine.**

### Packet Pickup / Registration

**Monday, Sept. 3 (Raceday):** Pick-up and/or register on race day at the Long Branch Great Lawn starting at 7:00 am on race day. **You must have your bib number to pick up your race packet and T-shirt.** All packets and T-shirts must be picked up by 10:00 am Race Day, after which shirts will be given to Volunteer groups. **NO EXCEPTIONS, NO MAILINGS.**

**Race Numbers** - Your race number is enclosed, with timing tag (B-Tag) affixed to the back race number. **Do not remove the tag.** Race number MUST be pinned FLAT to the front of your shirt on race day, or you may not be scored or receive an accurate time. You must wear your race bib to be allowed on the race course. **Make sure you are only wearing tag for this event: you will be disqualified for wearing a timing tag from another race.** Be sure to bring your mailed bib number to the race. If lost, bring a copy of your cancelled check or registration confirmation e-mail. Bib numbers for **late registrants** will be held for pickup at packet pickup.

**Do not give your bib to someone without an official transfer, or you will be banned from future races.** If you are not able to run and have someone who wants to take your place, please send an email to info@jsgrandprix.com for transfer information. NO Bandits (unregistered runners) allowed - You must be the person assigned to the bib number, especially if an emergency occurs. Homeland Security and EMS will have a list of the registrants with assigned bib numbers & runners' emergency contact info.

**Information / Problems** - Check in at the "Help Desk", near the registration tent on the Great Lawn.

**Kids' Races** - Immediately following the 5K race we will run the kids races on the Great Lawn. Kids' distances vary with the child's age. All kids will receive a medal and refreshments. Entertainment guarantees a fun time for all participants. *Note: ALL Kids' bib numbers are being held for pick up on race day.*

**Directions** GSP Exit 105, Rt 36 East to Ocean Blvd., right onto Ocean Blvd, head South. Great Lawn is located next to the Long Branch Promenade just north of the Ocean Place (use address 1 Madison Ave for GPS)

**Parking** - Street Parking will be available in the surrounding streets of the Great Lawn and in Pier Village to the south. There is also a public parking garage in Pier Village available for a small fee.

**Restrooms** - Boardwalk and Park restrooms will be open at 7:00.

**Water** - It is important for runners to drink plenty of water prior to, during and after the race. Water is available before the race, near the start. Water is available during the race.

**The Start - 8:30am start.** On the Long Branch Promenade next to the Great Lawn. Please move to the starting area at 8:15. Line up in accordance with your projected finishing place- Swiftest at the front, please. All Runners must cross the starting line mats to be accurately scored.

**Safety** - For the safety and enjoyment of all PH5K runners, the course is restricted to registered runners, wheelchair division athletes and official race personnel. Dogs, skateboards, in-line skates, roller skates, bicycles, and baby joggers/strollers are prohibited. We also strongly discourage the use of radio/recorder head phones.

**First Aid** - First Aid will be set up at the Finish Line. Your safety is our first concern- please run safely and run smart. If you feel dizzy or lightheaded - STOP. Look for one of the course marshals.

**Photographer** – George Ertle Photography is the official race photographer. Race photos will be posted at [jsgrandprix.com/pierhouse5k](http://jsgrandprix.com/pierhouse5k).

**Timing / Finish / Results** - Clocks are located at every mile. Only registered runners are allowed into the finishing chutes. Please remove **headphones** before crossing the finish line. Results online at [jsgrandprix.com/pierhouse5k](http://jsgrandprix.com/pierhouse5k).

**Race Day Refreshments** - Complimentary refreshments for all registrants are available at the finish area. Please be considerate of the other runners. ***Refreshments are for runners only!***

**Massage Tent** – Stop by the massage tent to loosen up those tired muscles, courtesy of AMTA massage volunteers.

**Awards Ceremony** – begins at approx. 10:00 a.m. at the open air stage on the Great Lawn. The Pier House 5K is part of the **Jersey Shore Golden Grand Prix**, sponsored by McLoone's. Details on the series are on the web at [www.JSgrandprix.com](http://www.JSgrandprix.com).



**Golden Grand Prix Gift and Drawing** – runners who also participated in the first 3 events should check in at the Grand Prix table on the stage to receive your commemorative gift and be entered in Golden Grand Prize Drawing. You will need to **show your Pier House 5K bib number** to get the gift and fill out an entry card for the drawing.

**Post-Race Party** – Enjoy a complimentary beverage after the race at McLoone's Pier House. Beverage ticket will be distributed to registered runners on race day.

**Sponsors** – It's our sponsors who make this event possible. Please support them.

**Volunteers** – Many thanks to our volunteers from JSRC and others who have worked to provide a high quality event.

**Beneficiary** - Race proceeds will benefit **Holiday Express** and other local organizations/groups providing volunteers at the event on race day.

**Thanks again for being a part of the  
15<sup>th</sup> Anniversary Pier House 5K on Labor Day 2018!**