

41st Annual DOG DAY ROAD RACE

5 Mile Run/Walk

Rain or Shine

Sunday August 18, 2019 9:30am SHARP

- Location-Start/Finish:** High Point Volunteer Fire Company 10 W. 80th Street, Harvey Cedars, NJ
- Directions:** Garden State Parkway Exit 63, Rt. 72 East to Long Beach Island, 4.5 miles north on Long Beach Boulevard to 80th Street Harvey Cedars.
- Course Description:** Scenic course in beautiful Harvey Cedars (map available on website)
- 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
- Course Record Holders:** Carmen Hussar-26:40, 2010 – Jarrod Shoemaker-24:36.47, 2012
- Proceeds:** Benefit HPV Fire Co. to ensure proper equipment, training & protection for our community and our volunteers
- Registration:** Mail in by August 15th - **\$25**
Online at <https://register.compuscore.com/dogdayrace> until August 16th (credit card payment only-fees apply)
On site Pre-registration Saturday August 17th from 3 p.m. to 7 p.m. - **\$30**
Day of race 7 a.m. to 9 a.m. - **\$35**
- T-Shirt:** T-shirts are guaranteed for the first 1,000 runners.
- Information:** Please visit our website: www.dogdayrace.com www.hpvfc.com or email questions to info@dogdayrace.com

NO BACKPACKS PERMITTED FOR SECURITY REASONS / NO LOCKERS AVAILABLE

-----detach here-----

_____		_____		_____ M or F	
Last Name		First Name		Age (day of race) circle one	
_____		_____		_____	
Mailing address		City		State Zip code	
_____		_____		_____	
Email address		phone #		T-shirt size: S M L XL (adult sizes:) circle one	

Signature _____ Date _____

In consideration of this entry being accepted, I the undersigned, intend to be legally bound hereby by 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 injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of the event. Furthermore, I hereby grant full permission to use any photographs, recordings or record of this event for any legitimate purpose, including advertising and promotion.

Make checks payable to: HIGH POINT VOLUNTEER FIRE CO.

Please complete & mail to:
Dog Day Road Race
c/o High Point Volunteer Fire Co
PO Box 3219
Harvey Cedars, NJ 08008

BE SURE TO INCLUDE YOUR ENTRY FEE
\$25 received by August 16th
\$30 on August 17th at Firehouse
\$35 day of race