

Belmar Five

41st Annual Belmar Five Mile Run

Saturday, July 8, 2017 8:30 am

Presented by Goodwill Hose Fire Company
with Jersey Shore Running Club

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Runner's Information Sheet

Thank you for entering the 41st Annual Belmar Five Mile Run. **Race will be held Rain or Shine.**

Packet Pickup / Registration – Race week Packet Pick-up **Schedule:**

Wednesday July 5 Goodwill Fire Co 6–8 pm 610 7th Avenue, Belmar **Note Location**

Thursday July 6 Goodwill Fire Co 6–8 pm

Friday July 7 Silver Lake Park* 6–8 pm *Ocean Ave, near Fifth Avenue

PLUS Fireworks

Saturday (Race Day) Pick-up and/or register at Silver Lake Park* starting at 7:00 a.m.

T-Shirts and Goodie Bags - are to be picked up at the times listed above. Important - You must have your bib number (actual bib) to pick up your race packet and T-shirt. Bib numbers for late registrants will be held for pickup during packet pickup hours. Packets and T-shirts must be picked up by 10:30 am Race Day, after which shirts will be given to Volunteers. **NO EXCEPTIONS, NO MAILINGS.**

Mug & Tote Bag - Pre-race pickup will be available, during the hours and locations above. **Race Day** – pick up your mug and tote bag in Silver Lake Park, Ocean Ave, near Fifth Avenue. Commemorative **mugs** to all participants. **Commemorative Tote bags** are guaranteed to the first **2,000 pre-registered runners**.

Kid's Races - On Friday Evening, registration and packet pickup for kids races will be in Silver Lake Park, Ocean Ave, near Fifth Avenue, beginning at 5:30 pm. The Kids' Races start at 6:30, followed by **fireworks!**

Race Numbers - Your race number is enclosed. Your timing tag (B-Tag) is 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, clearly visible on the front of the torso (not covered), unaltered and unmodified (do not fold or wrinkle), and pinned in all four corners, or you may not be scored or receive an accurate time. If bib is lost, bring a copy of your cancelled check or registration confirmation e-mail. Bib numbers for late registrants will be held for pickup during packet pickup hours.

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 email belmarfive@yahoo.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 their assigned bib numbers with the emergency contact numbers.

Information / Problems - Check in at the "HELP" desk, Silver Lake Park.

Directions - From the Garden State Parkway: Take Exit 98, Route 195/138 East. Take Route 35 North to 16th Avenue. Turn right onto 16th Avenue, heading east. Turn left onto Ocean Avenue, and head north to 5th Avenue. (use 501 Ocean Avenue for GPS)

Parking - Allow extra time as available parking may be few blocks from the start/finish. There will be no parking on Ocean Avenue between 6th Avenue and the Belmar-Avon Bridge. The bridge will be raised and the roadway closed at 7 am on race day. Parking rules and metered parking will be enforced. **There is ample parking on side roads.** Please be courteous and do not block driveways. **Again this year**, you may park at the Bar A lot on 16th Avenue adjacent to the R.R. and the Bar Anticipation courtesy **Shuttles** will run back and forth to Silver Lake Park, before and after the race.

Restrooms – All **boardwalk restrooms** will be open at 7 a.m. Port-o-johns are located in Silver Lake Park.

Water - It is important for runners to drink plenty of water prior to, during and after the race. Water is available before the race, in the park on Ocean Avenue between 1st & 2nd Avenues, just north of the starting line. Water is available during the race -There are 4 water stops along the course.

The Start - 8:30 am start. The start is located on Ocean Avenues at 2nd Avenue. Please move to the starting area at 8:15. Line up in accordance with your projected finishing place- **Swiftest** at the front, please. Note: All Runners must cross the starting line mats to be accurately scored.

