



Asbury Park
Sheehan Classic 5K
P.O. Box 46
Long Branch, NJ 07740
www.asburypark5k.org

Saturday, August 11, 2018

Presented in cooperation with the Jersey Shore Running Club to benefit local organizations, including the Boys & Girls Club and Asbury Park Music Foundation.

Runner's Information Sheet

Thank you for entering the Asbury Park Sheehan Classic.

Events will be held Rain or Shine.

The **Sheehan Classic** and **Asbury Park 5K** race committees are happy to continue the merging of two great events, the Red Bank Sheehan Classic and the Asbury Park 5K are now the **Asbury Park Sheehan Classic**.

Packet Pickup / Registration

Friday: Pickup/registration hours 6:00 to 7:30 on Friday, August 10 in Bradley Park across from Convention Hall. **Important - You must have your mailed number bib to pick up race packet & shirt. Late registrants will pick up their bib at REGISTRATION TABLE at packet pickup.**

Saturday: Pick-up and/or register on race day in Bradley Park across from Convention Hall on Ocean Avenue near Sunset Avenue, starting at 7:00 a.m. **All packets and T-shirts must be picked up by 10:30 am Race Day, 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 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 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 their assigned bib numbers with the emergency contact numbers.

Information / Problems - Check in at the "Help Desk / Trouble" table, in the Park.

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

Directions - event staging is held in the park across from Convention Hall, located on Ocean Avenue between Sunset Avenue and 5th Avenue. Use 1300 Ocean Avenue, Asbury Park, NJ, 07712 for GPS.

Parking - There is ample parking around Bradley Park and nearby lots. **Parking Meters are in effect.** You must pay in parking spaces that are numbered or you will be ticketed.

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. Water stops will also be positioned on the race course.

The Start – 8:30 am start. The 5K starts on 5th Avenue near Kingsley St. 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.

Safety - For the safety and enjoyment of all runners, the course is restricted to registered runners, wheelchair division athletes and official race personal. 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. **You must remove headphones and earbuds** before crossing the finish line.

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, www.georgeertlephotography.com.

Timing / Finish / Results - Clocks are located at every mile. Only registered runners are allowed into the finishing chutes. **You must remove headphones** before crossing the finish line. Results online at www.jsrc.org.

Race Day Refreshments - Complimentary refreshments courtesy of the Friends of the Spring Lake Five for all registrants are available in Bradley Park. Please be considerate of the other runners. Refreshments are for runners only!



Post-Race Activities – Stop by the sponsor and merchant tables in Bradley Park, for sampling and giveaways.

Massage Tent – Loosen up those tired muscles, courtesy of AMTA massage volunteers.

Post-Race Party – enjoy a complimentary beer or soda, The Robinson Ale House.

Awards Ceremony – begins at approx. 10:00 a.m. Awards not picked up at the award ceremony will be donated to race beneficiaries. The Asbury Park Sheehan Classic is part of the **Jersey Shore Golden Grand Prix**, sponsored by McLoone's. Details at www.JSgrandprix.com.

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

2018 Sponsors include: *McLoone's Restaurants, iStar AsburyParkNow.com, New Jersey Natural Gas Company, Johanna Foods / Wakefern, Campbell, Foley, Delano & Adams, LLC., BHHS Signature Properties, Bimbo Bakeries, Robert A. Galizio, Esq., Pringle-Quinn-Anzano, and Dr. T Shirt.*

Volunteers – Many thanks to our volunteers from Shore AC, JSRC, FARC, ORC, Trinity Church, Rotary Club, Civil Air Patrol Cadets and others, who have worked to provide a high quality event.

Beneficiaries - Race proceeds benefit local organizations, including the Asbury Park Music Foundation and Lakehouse Music Academy, Mary's Place by the Sea, and Boys & Girls Clubs, Asbury Park.

*Thanks again, hope to see you at the **Pier House 5K on Labor Day**, and next year for the annual Asbury Park Sheehan Classic – August 2019.*

