

**LOCATION**

Pier Village, Long Branch NJ

**SCHEDULE OF EVENTS**

Registration 10:15am (Shore Runner)  
 Four Mile Run 12 noon  
 Post Race Party 1:00pm-....  
 Awards Ceremony 1:30pm

**REGISTRATION**By mail or online at [www.RaceForum.com/Beach](http://www.RaceForum.com/Beach)**ENTRY FEES**

Four Mile Beach Run \$20.00 by Feb 19  
 Two Mile Beach Walk \$18.00 by Feb 19  
 Four Mile Beach Run \$25.00 after Feb 19 & on race day  
 Two Mile Beach Walk \$23.00 after Feb 19 & on race day

**COURSE**

Start at Pier Village, North 1/2 mile, south to end of boardwalk, back to center of Pier Village

**AWARDS**

1st, 2nd, 3rd Overall (M &amp; F) and 5 year age groups 14 &amp; Under to 75 &amp; Over

**AMENITIES**

Four Mile Long Sleeved Tech Shirt  
 Huge Post Race Party Hosted by [POSTRACEPARTY.COM](http://POSTRACEPARTY.COM)

**SCORING**

Computerized Scoring with Splits!

**INFORMATION**

[raceinfo@sandyhookers.org](mailto:raceinfo@sandyhookers.org) or  
[www.sandyhookers.org/beach](http://www.sandyhookers.org/beach)

# Four Mile Beach Run & Two Mile Beach Walk

Sunday, February 28, 2010  
 Pier Village  
 Long Branch, NJ

Presented by  
 The Sandy Hookers Triathlon Club

**Beach Run at Low Tide (Harder Sand)**

 **Rain or Shine**



Register Online @ [RaceForum.com/Beach](http://RaceForum.com/Beach)  
 NO EXTRA FEES, Same Price! Why Mail?

**2010 ENTRY FORM**

\_\_\_\_\_ last name first name

\_\_\_\_\_ street city

\_\_\_\_\_ state zip phone

\_\_\_\_\_ gender age on race day

\_\_\_\_\_ email date of birth

Waiver Release: In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against The Sandy Hookers Triathlon club, The City of Long Branch, Pier Village, , the representatives, successors or assigns of these organization, race volunteers, and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest and verify that I am physically able to participate in this event.

\_\_\_\_\_ signature (parent or guardian if under 18) date

Please make checks payable to: SHTC  
 Mail to:

SHTC P.O. Box 186 Red Bank, NJ 07701

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**Adult Tech-Shirt Size**

S  M  L  XL

Downloaded from Metro Race Forum  
 Online Registration [www.RaceForum.com/Beach](http://www.RaceForum.com/Beach)