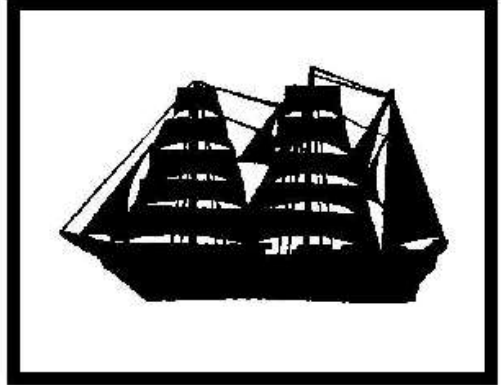


Belmar Five Mile Run
PO Box 21
Belmar, NJ 07719



BELMAR FIVE 2007

Johnny Cobb Memorial Run

Saturday, July 14

8:30 AM

with

Kids Races & Fitness Walk

on

Friday, July 13, 6:30 PM

presented by **Goodwill Hose Fire Co.**

in cooperation with the **Boro of Belmar**

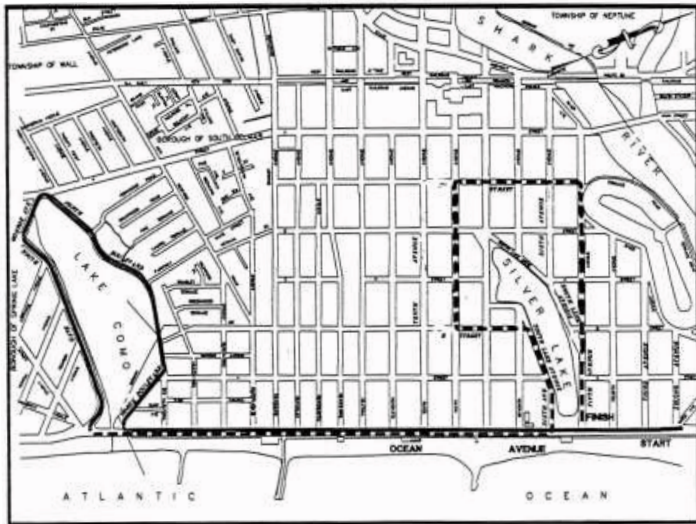
with **Jersey Shore Running Club**

- flat, fast certified course
- medals to all finishers
- post race party
- race closes at 3,500 entries

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE
PAID
Permit # 97
Belmar, NJ 07719

The Course

- Start at Ocean Avenue between 2nd & 3rd Av.
- south on Ocean Ave. to North Boulevard.
- right on North Boulevard around Lake Como back to Ocean Ave
- north on Ocean Ave. to 6th Ave.
- left on 6th
- left on B Street
- right on 9th
- right on E Street
- right on 5th
- finish on 5th between A Street & Ocean Ave.



2006 Belmar Five Winners

Solomon Too.....	24:53
Clara Horowitz.....	27:12

Course Records:

Brent Barnhill (1987).....	23:26
Elaine Van Blunk (1990).....	26:39

Directions

- From the Garden State Parkway:
- take Exit 98 - Route 195 / 138 East
 - take Route 35 North to 10th Avenue.
 - turn right on 10th Ave.
 - turn left on Ocean Ave. and head north to Taylor Pavilion at 5th Ave.

Welcome.....

.....to the 31st Annual Belmar Five Mile Run.

The race is being presented by the Goodwill Hose Company, in cooperation with the Boro of Belmar, with the Jersey Shore Running Club. Goodwill Hose Company was formed in 1901 by a group of young men called pinfeathers. Their first piece of equipment was a hose cart. Today Goodwill Hose Company has two Pumpers and is one of three Fire Companies in the Boro of Belmar. They have raised money through the years with various fundraisers. These fundraisers have helped defray some of the operating costs of the Fire Company.

The 2007 Belmar Five Mile Run is named in memory of long-time Belmar resident, Johnny Cobb. In addition to being an originator of the race, he had a 25 year career in the Belmar Police Department, was a member of the Belmar Fire Dept., a graduate and supporter of the St. Rose School and promoted local sports all of his life.

We thank you for joining us to remember Johnny Cobb by participating in the Belmar Five. Good luck!

Principal Sponsor

SBLI® 1907
2007

Honoring the Past - Protecting the Future

Silver Sponsor



Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work.

Post Race Party

at Bar Anticipation following the event

Volunteers

This race would not be possible without the efforts of hundreds of volunteers.

If you or your organization are interested in Assisting at this event, contact us at 732-571-2162 or belmarfive@yahoo.com

For more information

www.belmar5.com www.jsrc.org
732-571-2162 belmarfive@yahoo.com

Registration Information

**Register by mail.....online..... or
in person at Raceweek Packet Pickup**

5 Mile Run:

Pre Entry - Postmarked by 7/8.....\$20.00
Wednesday 7/11- Thursday 7/12.....\$22.00
Friday 7/13 & Saturday 7/14.....\$25.00

Fitness Walk(non-competitive):

Pre Entry - Postmarked by 7/8.....\$17.00
Wednesday 7/11- Thursday 7/12.....\$17.00
Friday 7/13.....\$20.00

Kids Races:

Pre Entry - Postmarked by 7/8.....\$10.00
Wednesday 7/11- Thursday 7/12.....\$12.00
Friday 7/13.....\$15.00

**You must include a self- addressed,
stamped envelope for each mailed entry.**

Race number and information sheet will be mailed
to you if received by July 1st

*All entries received after 7/1 will be held for pickup
during packet pickup hours.*

Packet Pickup Raceweek 7/11 to 7/13

NOTE NEW SCHEDULE

Taylor Pavilion: 5th Ave at Boardwalk

Wednesday & Friday - 6-8 pm

Thursday, 6-8 pm. Goodwill Fire Co., 610 7th Ave

Race day at Taylor Pavilion beginning at 7 am

Race bib number is required for shirt pickup.

All shirts must be picked up on or before race day.

Online Registration.....

www.belmar5.com

Schedule of Events.....

5 Mile Run - Saturday, July 14, 8:30 AM

Kids Races- Friday, July 13, 6:30 PM

Fitness Walk - Friday, July 13, 7:00 PM

About the Races.....

- t-shirt to all registrants
- medals to all finishers
- all events held rain or shine

5 Mile Run

- flat, fast, certified oceanfront course
- water at every mile, individual results
- random prize drawings
- post race expo at Silver Lake Park

Fitness Walk

- 2 loops around Silver Lake, approx 2 miles

Kids Races

- for kids ages 1-14, distances from 50 yards
- movies and fireworks follow the races

Awards-(5 Mile Run)

- top 5 male & female overall
- 1st Belmar resident (male & female)
- 1st Wheelchair (m & f- preregistered only)
- top 3 male & female finishers in age groups
- interesting team categories - *call for app!!!*

Golden Grand Prix Event

The Belmar 5 is part of the 2007 **SBLI Jersey Shore Golden Grand Prix**. Prize money will be awarded for the Golden Grand Prix events. The five 2007 events are: Spring Lake 5, George Sheehan Classic, Belmar 5, Asbury Park 5K & Pier Village 5K.

www.SBLIgrandprix.com



