

# Belmar Five

Johnny Cobb Memorial Run  
Saturday, July 14, 2007 8:30 am  
Presented by Goodwill Hose Fire Company  
with Jersey Shore Running Club

P.O. Box 21  
Belmar, NJ 07719  
732 571 2162  
www.belmar5.com

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## Runner's Information Sheet

Thank you for entering the 31st Anniversary Belmar Five Mile Run. **Race will be held Rain or Shine.**

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

<b>Wednesday</b>	July 11	<u>Taylor Pavilion</u>	6–8 pm	
<b>Thursday</b>	July 12	<u>Goodwill Fire Co</u>	6–8 pm	610 7 <sup>th</sup> Avenue, Belmar <b><u>Note New Location</u></b>
<b>Friday</b>	July 13	<u>Taylor Pavilion</u>	6–8 pm	<b>PLUS</b> A Movie and Fireworks
<b>Saturday (Race Day)</b>	Pick-up and/or register at <u>Taylor Pavilion</u> 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 to pick up your race packet and T-shirt. All packets and T-shirts must be picked up by 10:30 am Race Day, after which shirts will be given to Volunteer groups. **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, across from Taylor Pavilion. Commemorative **mugs** to all participants. **Tote bags** are guaranteed to the first **2,000 pre-registered runners.**

**Fitness Walk and Kid's Races** - **Events will be held Rain or Shine.** On Friday Evening, registration and packet pickup for these events will be in Silver Lake Park, across from Taylor Pavilion, beginning at 6:00 pm. The Kids' Races start at 6:30, Fitness Walk starts at approx 7:00, followed by **a movie and fireworks!**

**Race Numbers** - Pin the enclosed bib number to the front of your shirt. Do not put pins through the bottom tear-off section of your number. Do not remove or alter any portion of your race number until directed to do so by a race official. Race numbers are not transferable.

**Information / Problems** - Check in at the "Trouble" desk, in the Taylor Pavilion

**Directions** - From the Garden State Parkway: Take Exit 98, Route 195/138 East. Take Route 35 North to 16<sup>th</sup> Avenue. Turn right onto 16<sup>th</sup> Avenue, heading east. Turn left onto Ocean Avenue, and head north to Taylor Pavilion at 5<sup>th</sup> Avenue.

**Parking** - Allow extra time as available parking may be few blocks from the start/finish. There will be no parking on Ocean Avenue between 6<sup>th</sup> 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 16<sup>th</sup> Avenue adjacent to the R.R. and the Bar Anticipation courtesy **Shuttles** will run back and forth to Taylor Pavilion before and after the race.

**Restrooms** – All **boardwalk restrooms** will be open at 7 a.m. Port-o-johns are located in the park on Ocean Avenue between 1st & 2nd Avenues, just north of the starting line, and in Silver Lake Park across from Taylor Pavilion.

**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** - The start is located on Ocean Avenues between 2nd & 3rd Avenues. Please move to the starting area at 8:15. Line up in accordance with your projected finishing place- Swiftest at the front, please.

**Safety** - For the safety and enjoyment of all Belmar 5 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.

**First Aid** - Belmar 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** – Island Photography is the official photographer of the race and will be present on the race course and in the finish area. Your runner’s photos can be found on their website, [www.islandphoto.com](http://www.islandphoto.com).

**Timing / Finish / Results** - Clocks are located at every mile. Only registered runners are allowed into the finishing chutes. Please remove **headphones** before crossing the finish line. Preliminary results will be posted on race day, at Taylor Pavilion at the conclusion of the awards ceremony. A link for Online results can be found [www.belmar5.com](http://www.belmar5.com) or [www.jsrc.org](http://www.jsrc.org)

**Race Day Refreshments** - Complimentary refreshments for all registrants are available in Silver Lake Park. Please be considerate of the other runners. Refreshments are for runners only!

**Awards Ceremony** - will take place at the gazebo in Silver Lake Park, beginning at 10:15 a.m. Belmar Five is part of the **SBLI Jersey Shore Golden Grand Prix**, featuring Open and Age Group Prize Money. Details at [www.SBLIgrandprix.com](http://www.SBLIgrandprix.com).



Note: **Team Awards** will take place at Bar Anticipation on 16<sup>th</sup> Avenue at 1:00 p.m.

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



### Pre Race Activities –

*Thursday*, Packet Pickup and Pre- Race Party at Goodwill Fire Co. 6-8 pm

*Friday*, Join us for the Fitness Walk and Kid’s Races. **NEW** After the Walk hang around for a movie in the Park and Fireworks on the Beach. The fun begins at 6:30 pm.

### Post Race Activities –

Enjoy a complimentary massage by AMTA Sports Team and stop by the sponsor and merchant tables in Silver Lake Park, for sampling and giveaways.

Team awards, **Free Concert** and **Beach party**, thanks to **Miller Lite** after the race at Bar Anticipation. Bring your Belmar Five Mug – mug discounts all day after the Race!

**Bar Anticipation** - 703 16<sup>th</sup> Avenue, Lake Como (formerly South Belmar)

Thanks again, see you next year for the 32<sup>nd</sup> annual Belmar Five Johnny Cobb Run – **July 12, 2008**.

Philip Hinck, Race Director  
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