



19th Annual River To Bay 5K Sponsored By:



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Toms River Kiwanis Daybreak
P.O. Box 1350, Toms River NJ 08754-1350



5K RUN / WALK ONLINE REGISTRATION AT
COMPUSCORE.COM
USATF Certified Course # NJ04012LMB

TOMS RIVER KIWANIS DAYBREAK'S

19TH ANNUAL RIVER TO BAY 5K

SATURDAY - MAY 1st, 2010



Toms River Kiwanis Daybreak's 19th Annual River To Bay 5K

In conjunction with the Island Heights Friends of Recreation

Distance: 5K (3.1 miles) Run or Walk

Course: A fast, flat (one hill) course circumnavigating beautiful, historic, Victorian Island Heights which borders the Toms River and Barnegat Bay (NJ Cert# #NJ04012LMB)

When: Saturday, May 1, 2010

Start/Finish: Island Heights Boro Hall

Times:

- ★ Check-In begins at 7:30 a.m.
- ★ 1 Mile Fun Run- 8:15 a.m.
- ★ 1 Mile Health Walk –8:20 a.m.
- ★ 5K (3.1 Mile) Run- 9:00 a.m.
- ★ 5K Health Walk- 9:05 a.m.
- ★ Awards & Raffle- 10:00 a.m.



Entry Fees:

- \$20. Pre-registration 5K (3.1 Mile) Race (includes Long Sleeve T-shirt)
- \$18. USATF-NJ Member Pre-registration 5K (includes Long Sleeve T-shirt)
- \$25. Same Day 5K Registration (T-shirt not guaranteed)
- \$10. 1 Mile Fun Run Pre-registration
- \$10. 1 Mile or 5K Walk Pre-registration
- \$10. Optional T-shirt for Pre-registered Fun Run/Walk participants
- \$15. Same Day Optional (T-shirt not guaranteed)

Registration: Same day registration and packet pick-up begins at 7:30 a.m. at the Island Heights Boro Hall, Vansant Ave. East.

Directions to Island Heights Boro Hall:

Exit 82 (Toms River) off GS Parkway; go east on Rt. 37 to 6th traffic light, approx. 2.9 miles, Vaughn/West End Ave. exit; go right on West End to 2nd left; approx. .4 miles to Lake Ave; go left on Lake Ave for .8 miles where it turns right and becomes East End Ave; go 3 blocks to the Island Heights Boro Hall and parking area is on left; Start/Finish at Boro Hall.

Questions - 5K@TomsRiverKiwanis.org
Online registration @ COMPUSCORE.COM

5K Awards (No Duplicates):

- Top Three Male & Female Overall
- Top Two Male & Female in the following age groups: 7 & under, 8-10, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.

1 Mile Fun Run Awards (No Duplicates):

- Top Three Male & Female Overall
- Top Two Boys & Girls 7 & under, 8-10, 11-13
- Medals for all 1 mile participants

The Toms River Kiwanis Daybreak partners with the following organizations:

American Cancer Society, American Heart Association, Arthritis Foundation, Big Brothers Big Sisters of Ocean County, Jersey Shore Boy Scout Council, Central Regional Key Club, Children's Specialized Hospital, Holiday Food Baskets through schools, CMC Foundation, CMC Kids and Family Services, Find-a-Cure, First Night Toms River, Food Bank of Monmouth & Ocean, Girl Scouts of the Jersey Shore, Hands for All, Harbor House, Jane Addams Day Care Center, Juvenile Diabetes Research Foundation, Kiwanis International Foundation, Literacy Volunteers, Manchester Key Club, Monsignor Donovan Key Club, National Alliance for Autism Research, National Alliance for the Mentally Ill, National Downs Syndrome Society, New Jersey District Kiwanis Foundation, Ocean County Library Foundation, Ocean County Library Teen Film Festival, Ocean County YMCA, Ocean Health Initiatives, Ocean Mental Health, Ocean of Love, Pine Beach/Beachwood Girl's Softball, Project Lifesaver, Providence House, Red Cross, Salvation Army, T.E.A.M., Team Randy, Toms River Downtown Revitalization Project, Toms River High School South Orchestra, W.H.A.L.E.

**All profits from your entry
fee "donation" extend
our community
outreach.**

Thank you!



19th Annual River to Bay 5K Run/Walk

Official Entry Form

One Entry Per Form - Please Print

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone: _____

Birth Date: _____ Gender: Male Female

E-mail: _____

2010 USATF-NJ Membership# _____

All above information is required for Grand Prix.

Long Sleeve T-shirt Size (Circle one):

Youth M or L - **Adults** S, M, L, XL, XXL

Entry Fees: Pre-registration must be postmarked by 4/24/10; on-line pre-registration through compuscore.com must be complete by 4/28/10.

- ____ \$20. Pre-registration 5K (3.1 Mile) Race (Includes Long Sleeve T-shirt)
- ____ \$18. USATF-NJ Member Pre-registration 5K (Includes Long Sleeve T-shirt)
- ____ \$10. 1 Mile Fun Run Pre-registration
- ____ \$10. 1 Mile or 5K Walk Pre-registration
- ____ \$10. Optional Long Sleeve T-SHIRT for Pre-registered Fun Run/Walk participants
- ____ \$25. Same Day 5K Registration (T-shirt not guaranteed)
- ____ \$10. Same Day Registration Fun Run/Walk
- ____ \$15. Same Day (T-shirt not guaranteed)

In consideration of the acceptance of this entry, I hereby waive and release all claims, damages or injuries I may have against The Kiwanis Club of Toms River Daybreak, and all sponsors and volunteers from any claims I may sustain as a result of my participation in this event. I certify that I am in good physical condition.

Participant Signature or Parent/Guardian if under 18

Checks payable to:

Toms River Kiwanis Daybreak

Mail completed forms and payments to:

P.O. Box 1350, Toms River, NJ 08754-1350