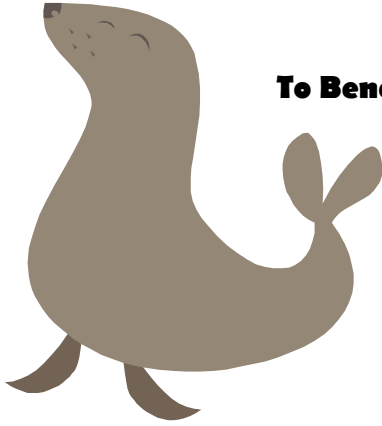


# 13<sup>th</sup> ANNUAL HARBOR SEAL 5K



**SATURDAY November 6th 2010 10:00 AM**  
**To Benefit the Marine Mammal Stranding Center of Brigantine NJ**  
**@SEASIDE HEIGHTS BOARDWALK**  
**Rain or Shine**

On your Mark....Get Set.....SAVE A SEAL!!!!

**RACE TIME:** 5K Race begins 10:00am. Walkers Welcome.

**WHERE: The Beach Bar** 28 Boardwalk Seaside Heights NJ 08751

**COURSE:** Flat, Fast course on the boardwalk with a beautiful ocean view!

**Registration:** Pre-Registration Pick-up @ Beach Bar Friday November 5th @ 6pm-10pm  
Race day Registration and pre-registration pick-up 8am-9:45am @ Beach Bar  
Register on-line <https://www.runsignup.com>

## **ENTRY FEES:**

\$20.00 before 10/22/10. \$25.00 after 10/22/10. **Please do not mail checks after 10/29/10**

## **RACE FEATURES:**

- ◆ Race application and results by L&M Computer Sports ([www.lmsports.com](http://www.lmsports.com))
- ◆ Awards ceremony
- ◆ Free Brunch during the awards ceremony
- ◆ Long sleeve T-shirts to all entrants
- ◆ 1.00 Coors Light Drafts & 3.00 Bloody Marys after the race
- ◆ Lots & lots of raffles and give-a-ways.

## **AWARD CATEGORIES:**

Runners: Trophies: 1st-3rd overall male & female divisions  
Medals: 1st-3rd male & female in the following age groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & Over

Walkers: Medal: First over Walker male & female

Dogs: Pet SWAG bags for 1<sup>st</sup>-3rd overall dogs

## **Want to do even more for MMSC? COLLECT SPONSORSHIP ONLINE! Win great prizes!**

It's easy, fun and fast! Log onto [www.FirstGiving.com/MMSC](http://www.FirstGiving.com/MMSC) to create a custom sponsor page. Email your friends and family to sponsor you and help raise additional funds for marine mammals!

**DIRECTIONS:** Merge onto NJ-37 E via EXIT 82 toward SEASIDE HTS/ ISLAND BEACH STATE PARK  
Merge onto NJ-35 S toward SEASIDE PARK/ ISLAND BEACH. Turn SLIGHT LEFT onto DECATUR AVE/ NJ-35 S.  
Continue to follow DECATUR AVE Turn SLIGHT LEFT onto N CENTRAL AVE/ NJ-35 N/ E CENTRAL AVE. Continue to follow N CENTRAL AVE/ E CENTRAL AVE. Turn RIGHT onto PORTER AVE Turn LEFT onto OCEAN TER. End at 28 Boardwalk Seaside Heights, NJ 08751

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

STREET: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RACE DAY AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_ T-SHIRT: S M L XL

Please circle: RUN or WALK \*

\*Only those finishing under 45 minutes will be included in the final results. The finish line chute up and the large digital clock running for those last finishers will be left up but they'll not appear in the age group awards or website overall order of finish.

PARTICIPANT AGREEMENT, WAIVER, & RELEASE: This entry and the granting of the right to participate in this event, I undersigned, intending to be legally bound, here by for myself my heirs, assume all risk of injury due to my participation in this event and waive and release for any and all claims, damages, costs, or expenses which may arise against the Marine Mammal Stranding Center, Seaside Parks, Seaside heights, L&M Sports, sponsors, event representatives, successors, and assignees and/or any other person whom ever for any and all injuries, illnesses, including death that may result of the event. As verified by a licensed physician and have sufficiently trained for the competition of this event, the undersigned has read and voluntarily signed release & waiver.

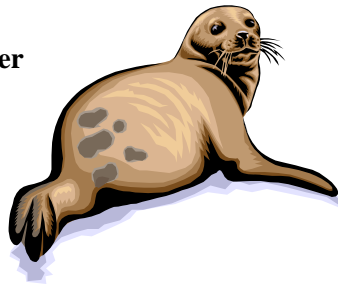
\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of guardian if participant under 18

\_\_\_\_\_  
Date

Make Checks Payable to:  
Marine Mammal Stranding Center  
Mail to: MMSC PO Box 773  
Brigantine, NJ 08203



For Additional Information Call  
The Marine Mammal Stranding Center  
@ (609) 266-0538  
or  
The Event Coordinator Lori Ditzel  
@(732) 963-7087 Email: ceeotter@comcast.net  
Facebook: Lori Viggiano Ditzel