

Trail of Two Cities 5K  
c/o 121 W. New York Avenue  
Somers Point, NJ 08244

Trail of Two Cities 5K  
SAT, NOVEMBER 5, 2011  
Ocean City to Somers Point

# Trail of Two Cities 5K

SAT., NOVEMBER 5, 2011  
OCEAN CITY TO  
SOMERS POINT, NJ



16 Years of Racing  
Excellence!



Somers Point . NJ.com

## EVENT PROCEEDS WILL BENEFIT:

The Foundation for Education,  
Somers Point, NJ  
Ocean City Children's Programs

*Thank you for your support!*

**DIRECTIONS:** From South..Parkway North to Exit 29- Rt. 9. Follow Rt. 9 North to 1st light, approx. 1/4 mile. At circle go halfway around and over the bridge to Ocean City. Proceed straight to 10th & Haven. Use the transportation center's parking lot on the right. This is where the race will start, late registration & packet pick up, for those pre-entered will all be conducted. Race finish is at JFK Park in Somers Point. Buses will also be there to transport you back to the transportation center in Ocean City at event conclusion.

From North...Atlantic City Expressway East to Exit 7 South (Garden State Pkwy. South). Then exit GS Pkwy at exit 30. Go straight to toll booth (Laurel Dr.) Go straight at stop sign. Now on Rt. 52. Continue straight to circle & go halfway around, over bridge to Ocean City. Proceed straight to 10th & Haven. Use the transportation center's parking lot on the right. This is where the race will start, late registration & packet pick up, for those pre-entered will all be conducted. Race finish is at JFK Park in Somers Point. Buses will also be there to transport you back to the transportation center in Ocean City at event conclusion.

# Trail of Two Cities 5K

Ocean City to Somers Point, NJ  
Point-to-Point Via the 9th Street Bridge



**SATURDAY, NOVEMBER 5, 2011**

*Event is conducted "Rain or Shine"*

**8:00 AM START**

**REGISTRATION: 7:00 am**

This year the start is once again at the Transportation Center in Ocean City at 10th Street & Haven Avenue. Packet pick up and late entry will also be conducted at the transportation center. Buses will be available at the finish line at JFK Park in Somers Point, NJ to transport runners to the start before the race. Buses will also transport runners back to Ocean City at the conclusion of the race. The finish & awards ceremony will be held at JFK Park in Somers Point after all participants have completed the course.

**FEES:** Pre-registration \$20 (received by October 28, 2011) Day of Race \$25 **NO MAIL-IN AFTER: 10/28/2011**

**FAMILY RATE:** immediate families of up to 4 people can register for \$60 - Separate registration forms are required for each family participant. Family must pre-register and all registration forms MUST BE MAILED TOGETHER.  
**TO BE CONSIDERED PRE-REGISTERED ALL FORMS MUST BE RECEIVED BY 10/28!**

**AWARDS:** 1st Overall Male and Female

Age Groups, Top 3 Males & Females: Under 9 yrs, 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**AMENITIES:** SHIRTS GUARANTEED FIRST 300 PRE-REGISTRANTS/as supplies last -- Pre-register early to guarantee your shirt!  
REFRESHMENTS available at the conclusion of the event.

Transportation is available on race morning from JFK Park to the Transportation Center for race start & packet pick up/late entry from 7:00am to 7:30am. Course is police controlled.

\*\*\*\*\***SORRY: NO PETS, SKATEBOARDS, or ROLLERBLADES**\*\*\*\*\*

Please mail the entry form along with check payable to Foundation for Education, Somers Point  
c/o L&M Computer Sports, 89 Park Drive, Berlin, NJ 08009 by October 28, 2011.  
After October 28th all registrations will be accepted day of the race only.

?Questions: Race Committee 609-525-9300 or 609-927-2053 ext. 3101

## TRAIL OF TWO CITIES

OFFICIAL ENTRY FORM

PLEASE PRINT CLEARLY!

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_ EMail \_\_\_\_\_

Telephone \_\_\_\_\_ Shirt Size (adult) S M L XL

### WAIVER MUST BE SIGNED TO ENTER RACE

**ALL ENTRANTS MUST SIGN!** In consideration for accepting this entry, and the granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representative, successors, and assignees, waive and release any and all claims for losses and damages I may have against Shore Memorial Hospital, the towns of Ocean City & Somers Point, partners, officers, directors, and employees, L&M Sports, all representatives, successors, and assignee and/or any other person whomsoever for any and all injuries, illness, including death, that may result from my participation in said event. I represent and affirm that I am in proper physical condition to participate in this event, and have sufficiently trained for the completion of this event.

The undersigned has read and voluntarily signed this release and waiver.

Date \_\_\_\_\_

Signature (Parent/Guardian must sign if entrant is under 18)