



Beach to Chowder

Walk
or
Run



Long Beach, Wa.

June 18, 2011

Join the celebration of the 33rd annual Half Marathon, 5K and 10K Beach-to-Chowder Run/Walk.

Spend the weekend in the sun, running a Half Marathon on Discovery Trail, through the Ocean dunes; Walk or run a 5K or run a 10K on hard packed sand, with ocean waves breaking just a few yards away. Work up an appetite with the race of your choice, then get ready to taste clam chowder while your non-participating family and friends enjoy the Peninsula. Following the race is the Saturday Market on the Ilwaco waterfront & free concerts at Waikiki Beach at Cape Disappointment. Make it a week of fun & entertainment, attending the Garlic Festival in Ocean Park the following weekend.

BEACH TO CHOWDER RUN/WALK

Time: Half Marathon starts promptly at 9:00 am
All other races at 10:00 am
Course closes at 12:00 noon

Both race and walk will start and end in the vicinity of the arch on the Bolstad beach approach in Long Beach.
Dogs must be leashed and under control at all times.
Strollers and spectators are welcome on the 5K run/walk.

AWARDS

Walkers: Non-competitive. Come and enjoy the fun, beach and chowder. Finisher medals for all participants.

Runners: Runners will compete in one of eight age-group divisions. Trophies will be awarded to the top overall male and female finishers in all races. Finisher medals for all participants.

8 AGE-GROUP DIVISIONS

15 & under	20-29	50-59
16-19	30-39	60-69
	40-49	70 and over

SAVE THE DATE!
JUNE 2012 TBA

AWARDS CEREMONY & CHOWDER FEED

We will be serving complimentary clam chowder to each participant beginning at noon. Each participant will have a chowder ticket in their race packet. Lunch includes soft drink or coffee. Non-entrants may purchase a ticket for \$5.

PRIOR TO THE CEREMONY

The Awards Ceremony begins at 12:30 pm, at Funland Field, located between Funland and the Long Beach Police Station. Door prize drawings begin at noon. You must be present to win.

REGISTRATION

Entry forms: Register using the entry form, right. The release must be completed and signed. A parent or guardian must sign the form for participating children. Additional information and entry forms can be found at funbeach.com. Pre-Entry **must** be postmarked no later than June 1, 2010.

Race Day Registrations will be taken from 5:00 to 8:00 pm Friday and 7:00 am to 8:30 am Saturday, June 12, 2010 at the Long Beach Train Depot (3rd and Pacific N, downtown Long Beach). Please allow ample time prior to 8:30 am to complete your registration. All entrants will receive a race bib. Officials must be able to clearly see your number as you approach the finish line. Entrants without visible numbers are disqualified for awards.

All registered participants will receive a free ticket to the chowder lunch in their packets and complimentary AquaFina water or cran-juices, courtesy of **Ocean Spray and Harbor Pacific Bottling Co.**, at the finish line.

Please mail entry form and registration fees to:
LBMA Beach Run | PO Box 896 | Long Beach, WA 98631
Register Online at www.funbeach.com

PLEASE MARK THE APPROPRIATE ENTRY FEE:

- | | |
|---|--|
| Pre-Entry Postmarked by 06/01/10 | Late Entry After 06/01/10 |
| <input type="checkbox"/> \$55 Half Marathon-w/shirt | <input type="checkbox"/> \$60 Half Marathon-w/ shirt |
| <input type="checkbox"/> \$30 10K Run-w/shirt | <input type="checkbox"/> \$35 10K Run w/shirt |
| <input type="checkbox"/> \$15 10K Run-no shirt | <input type="checkbox"/> \$30 10K Run-no shirt |
| <input type="checkbox"/> \$30 5K Walk/Run-w/shirt | <input type="checkbox"/> \$35 5K Walk/Run- w/shirt |
| <input type="checkbox"/> \$15 5K Walk/Run-no shirt | <input type="checkbox"/> \$20 5K Walk/Run-no shirt |

Shirt Size: Shirts are guaranteed only to those participants who are pre-registered

Youth: Sm Med Lg | Adult: Sm Med Lg XL XXL

Entrant is: Male Female Age on 06/12/10 _____

Distance: 5K Walk 5K Run 10K Run Half Marathon

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Evening Phone _____

Email _____

Total Payment: \$ _____ Check Visa MasterCard

Credit Card # _____ Exp Date _____

Signature for Credit Card _____

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete my event. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather and temperature, traffic and the conditions of the road, all such risk being known and appreciated by me. NO WHEELCHAIRS, BABY JOGGERS, BIKES OR BABY STROLLERS WILL BE ALLOWED ON THE 10K AND HALF MARATHON COURSES DUE TO THE RISK LEVEL. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and for anyone entitled to act on my behalf, waive and release all sponsors and authorized vendors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings and other records of this event for any legitimate purpose.

SIGNATURE OF PARTICIPANT OR RESPONSIBLE PARTY (FOR UNDER 18)