

DEAR RUNNER:

On behalf of the race committee, we would like to welcome you to the Fifteenth George Sheehan Classic. This information sheet is being sent to you in advance of the race to reduce confusion on race day. Please take a moment to read this information and familiarize yourself with Red Bank. We need your cooperation to make the race successful. Please give yourself some extra time on race day.

RACE NUMBER: Your race number is enclosed. It MUST be pinned to the front of your shirt on race day. Your timing tag (B-Tag) is also affixed to the back race number. Do not remove the tag. Be sure your race bib is clearly visible on the front of the torso (not covered), unaltered and unmodified (do not fold or wrinkle) , and pinned in all four corners . You must wear your race bib and B-Tag or you will not be scored or receive an accurate time. The B-Tags are disposable so you will not need to remove and return them after the race. Be sure to bring bib number to the race. If bib was not received or was lost, bring a copy of your cancelled check or registration confirmation e-mail with ID.

T-SHIRTS: YOU MUST HAVE YOUR RACE BIB WITH YOU IN ORDER TO PICK UP YOUR SHIRT. THERE WILL BE NO EXCEPTIONS. Tshirt pick-up will be Friday (2-8:30 pm) & BEFORE AND AFTER the race at the EXPO. Don't forget to bring your race number with you.

BATHROOMS: There will be port-a-johns available in the park and on Broad Street as shown on the map. There are handicap accessible port-a-johns in both locations. Please be considerate with their use.

BAGGAGE CHECK: The baggage check will be located in Marine Park. DO NOT CHECK ANY VALUABLES. We cannot be responsible for baggage although we will do our best to see that it will be waiting for you at the end of the race. Baggage not claimed by NOON on race day will be donated to charity.

START: Each race will begin promptly at the time listed. Please be at the starting line 15 minutes before your race begins.

Five Mile Race starts at 8:30 am

Health Walk starts at 8:32 am

POSITION YOURSELF AT THE STARTING AREA ACCORDING TO YOUR EXPECTED FINISH TIME:

The start of a race this size can be very difficult and we need your cooperation to assure everyone's safety. Please do not mingle in front of the start. YOUR COOPERATION IS ESSENTIAL. Note: All Runners must cross the starting line mats to be accurately scored.

CLOCKS AND WATER STOPS: There will be digital clocks at every mile. There will be water stops at each mile mark and water at the start and finish area. Be sure you are well hydrated. Racing in warm weather can be dangerous. Please use good judgment.

FIRST AID: There will be a first aid station at the finish line, plus ambulances on the course.

FINISH LINE: Top men and women will have separate finishing chutes, with women directed to the left and men to the right. TAKE OFF ALL HEADSETS BEFORE ENTERING THE FINISH AREA. There will be a large digital clock at the finish line. When you cross the finish line and the series of transponder mats that determine your net time, keep moving. This allows room for others to complete their runs. Do not reenter the course or cross the chip mats at the finish a second time.

PAY ATTENTION TO THE INSTRUCTIONS OF THE FINISH LINE PERSONNEL. LOOK AT THE CLOCK FOR YOUR TIME AS YOU FINISH. UNREGISTERED RUNNERS WILL BE DISQUALIFIED AND INELIGIBLE FOR ANY AWARDS.

THE KIDS' CLASSIC: *Note location.* The Kids' Classic will start at 6:30 pm on Friday evening in Marine Park parking lot. Post registration and information for the Kids' Classic will be located near the main registration tent. Treats for all kids, following the races!

RUNNER'S EXPO VILLAGE: A number of exhibitors will be featured at the Expo Village located on the hill in Marine Park. The hours are Friday 2 to 8:30 pm, Saturday 7 am to 2 pm.

REFRESHMENTS: Refreshments will be available in the park after the race. They are intended for finishers. PLEASE BE CONSIDERATE OF THE OTHER RUNNERS FINISHING THE RACE AFTER YOU.

PICNIC: Once again we are pleased to offer a fabulous post race picnic. Please join us for a delicious lunch in Marine Park after the race.

AWARDS: Awards ceremony and random prize drawings will be held in Marine Park following the finish of the race. Check schedule of events.

POST RACE PARTY: Runners and friends are invited to attend a post racy party, hosted by Brannigan's and Miller Lite, which will take place following the awards ceremony. Live music will be performed by a local band.

RESULTS & PHOTOS: Results will be posted on the web site www.sheehanclassic.org. Runners photos will be available at www.islandphoto.com.

CHARITABLE AFFILIATIONS: The GSC is pleased to have developed relationships with a number of area non-profit groups, including The Parker Family Health Clinic, a walk-in health care facility in Red Bank for individuals with no health insurance. Additional groups are local high school track teams, various town EMS services and other organizations.

A FINAL NOTE: We are very pleased to be able to hold the race in Red Bank, Fair Haven, and Little Silver and would like to thank those towns for doing so much to welcome the race. We also want to thank the Sheehan Family for allowing us to name the race in George's memory. Finally, we want to thank you for your support. The continued support of runners like yourself is the prime reason for the race's growth and success.

SCHEDULE OF EVENTS

Friday, June 17, 2011

2:00 pm Runners' Expo Village Opens
 6:30 pm Kids' Classic Starts
 7:00 pm Entertainment
 8:30 pm Runners' Expo Closes

Saturday, June 18, 2011

6:30 am T-Shirt Pick-up Opens
 7:00 am Runners' Expo Village Opens
 8:25 am Wheelchair Start - Five Mile
 8:30 am Five Mile Race Starts
 8:32 am Health & Fitness Walk Start
 10:30 am Award Ceremony
 11:00 am Post Race Party
 2:00 pm Runners' Expo Closes

SHEEHAN RACE COMMITTEE

Awards.....LORRAINE BUCKLER
 Course Security JACK CHEER
 Expo Village.....BOB ROSA
 Finish LineFARC
 EmceeTIM McLOONE
 EMS PAUL ROMAN
 Health Walk.....CATHY BERTH
 Information MARILYN RYDER, BONNIE SANTOMENNA
 Kids' Classic..... PENNY HINCK
 Labor.RICH SCIRIA
 Licensed Products.....LIZ IRELAND, MARYBETH GLACCUM
 PhotographyKEITH QUARLES
 Race DirectorPHILIP HINCK
 RefreshmentsMIKE WASHAKOWSKI
 Registration.DIANE CHEER
 T-Shirt Distribution..... BARB MILNE
 Set-upMARK GUBERMAN
 Start..... LESLIE MCKERNAN
 Volunteers.....BARBARA HAY
 Water Stops H. COPPERTHWAITTE



ONE OF THE COUNTRY'S TOP 100 RACES"
 — RUNNERS WORLD MAGAZINE

"BEST MEMORIAL RACE ..."
 — NY TIMES

Race Instructions

IMPORTANT
BE SURE TO READ

COMPUTER SCORING

Scoring will be tabulated by Elite Racing Systems. Scoring will be done using the Chronotrack B-Tag timing system. Runners must cross mats at start and finish to be included in results.

PACKET PICK-UP:

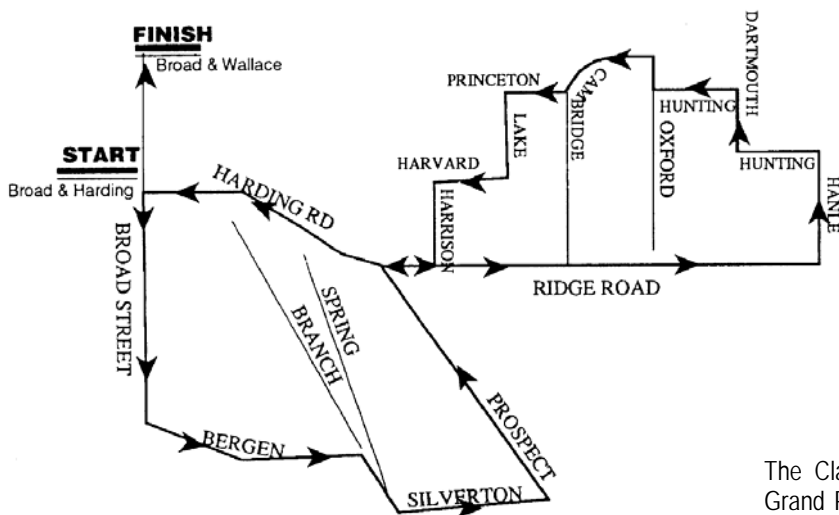
Marine Park

Fri. – 6/17, 2 pm - 8:30 pm

Sat.– 6/18, 6:30 am - NOON

WE URGE YOU TO PICK UP YOUR T-SHIRT BEFORE SAT. TO AVOID THE CONFUSION AND LONG LINES ON RACE DAY.

COURSE MAP



DIRECTIONS

NY, Northern & Southern NJ area runners—Garden State Parkway to exit 109 to Route 520 (Newman Spring Road) East to:

1. First Light at exit take Half Mile Rd. to West Front to Broad
 2. Newman Springs Rd. (Rte. 520) go left onto Shrewsbury Ave. go right on side street to Broad
 3. Newman Springs Rd. (Rt. 520) to end go left onto Broad
- Parking is available in Municipal lots that are on the blocks parallel to Broad St.

The Classic is part of the 2011 Jersey Shore Golden Grand Prix. Prize money will be awarded for the Golden Grand Prix events.

The five 2011 Golden Grand Prix events are: Spring Lake 5, George Sheehan Classic, Belmar 5, Asbury Park 5K & Pier House 5K.

www.JSgrandprix.com

JS GOLDEN GRAND PRIX EVENT

HOTLINE (732) 571-2162
www.sheehanclassic.org
 email: info@sheehanclassic.org