



THE GEORGE SHEEHAN CLASSIC

*** One Of The Top
100 Road Races**
(Runner's World)

*** Best Post Race Party**

*** Best Memorial Race
in New Jersey**
(NY Times)

**Saturday
June 13, 2009**

8:30 A.M.

Red Bank, NJ

www.sheehanclassic.org

The George Sheehan Classic
P.O. Box 7720
Shrewsbury, New Jersey 07702-7720

FATHER'S DAY WEEKEND
Saturday, June 13, 2009

REGISTRATION

- **On-Line** www.sheehanclassic.org. No SASE is required if you register on-line.
 - **Mail:** fill out the application completely, sign it and return with your entry fee and a Self Addressed Stamped Envelope. You will receive your information packet and bib number in early June.
 - **In-Store:** You may register for all events at McLoone's Running Store after April 1st and before June 1st. Self Addressed Stamped Envelope is required.
- McLoone's Running Store at the Grove, Shrewsbury**
- **Post Registration:** available on Friday and Saturday of race weekend, RUNNER'S EXPO VILLAGE from 2:00 p.m. to 9:00 p.m. on Friday and beginning 7:00 a.m. Saturday.
 - T-Shirts guaranteed to pre-registrants.
 - Visit www.sheehanclassic.org for registrant list.

EXPO VILLAGE

RUNNER'S EXPO VILLAGE will be held on Friday and Saturday of Race Weekend in Marine Park. Admission is free to all. This is a consumer's show, so come out to see the newest running items and pick up some great bargains. **2-9:00pm on Fri. & 7:00am-2:00pm on Sat.**

RACE PROCEEDS

The Classic is pleased to announce its partnership with the Parker Family Health Clinic. Race proceeds will be used to support this exceptional new initiative. The Clinic provides walk-in health coverage to area residents lacking health insurance. It exists in large part to the vision of its founding and current director, Eugene Cheslock, MD. Additional donations are made to area high school athletic teams first aid squads, police explorer squads, cub scouts, local running clubs and others.

FRIDAY EVENING ENTERTAINMENT

Back by popular demand!! Sit with your friends and family along the banks of the beautiful Navesink River as you enjoy a free concert. Check the race website for details!

BARBEQUE

Stay after the race for the renowned Sheehan Classic BBQ. This feature has led to the Classic's designation as "one of the top post race parties anywhere". Stay . . . you will not be disappointed.

RESULTS & PHOTOS

www.sheehanclassic.org
www.islandphoto.com

THE FIVE MILE CLASSIC

Come run with New Jersey's best on our fast, USATF certified five mile course. Clocks and water stops at each mile, medals to every finisher and computerized results. Course opens at 10:30 am, Broad St. opened by 11:00am. **Safety:** For the safety and enjoyment of all GSC runners, the course is restricted to registered runners, wheelchair athletes and official race personal. Dogs, skateboards, in-line skates, roller skates, bicycles, and baby joggers/strollers are prohibited. We also strongly discourage the use of radio/recorder head phones.

THE COMMUNITY YMCA 2-MILE WALK

The Community YMCA is partnering with the Sheehan Classic for this year's 2-Mile Health Walk, a great opportunity to join a fast growing fitness activity. Bring the stroller and make it a family affair. The course features a water stop and medals to all participants.

THE KIDS' CLASSIC

A series of races for the kids is on tap for Friday evening. The races start and finish in Marine Park, beginning at 6:30 p.m. Each age group will have its own race. Children under 4 can run with a parent or guardian in our 50 yard toddler trot. Spotters and helpers will be on the course. Medals to all finishers.

AGE:	DISTANCE	AGE:	DISTANCE
4 & under	50 yards	9 & 10	440 yards
5 & 6	100 yards	11, 12, 13	half mile
7 & 8	200 yards		

All kids participating in the Kids' Classic will be treated to FREE ICE CREAM following the races.

PRIZE MONEY & AWARDS

The Sheehan Classic is committed to providing prize money to bring the very best road racers to Red Bank. Prize money in Open and NJ categories. Awards to the top male and female wheelchair finishers. Commemorative mugs to the top 100 men & women. The 5 Mile Race will also continue to recognize age group achievements.

Team Competition Divisions, Family Awards

For more information and team application, visit the website www.sheehanclassic.org. There is no separate team entry fee. Absolutely NO race day team registrations. **Awards ceremony for the 5 mile run will be held in Marine Park along the Navesink River, approximately 10:30 am.**

New this year: Participation Challenge awards, to Teams consisting of entrants in either 5-mile run or 2-mile walk. Awards to Largest Team, Best Dressed Team and Most Sprited tEam. Get together with family or friends to make the day more fun!



SCHEDULE OF EVENTS

Friday

2:00 p.m.	Runners Expo Village Opens
2:00 p.m.	T-shirt Pick-up Begins
6:30 p.m.	Kids' Classic Starts
7:00 p.m.	Concert
9:00 p.m.	Runners Expo Village Closes

Saturday

6:30 a.m.	T-shirt Pick-up Begins
7:00 a.m.	Runner's Expo Village Opens
8:25 a.m.	Wheelchair 5 Mile Start
8:30 a.m.	Men's & Women's 5 Mile Start
8:32 a.m.	The Community YMCA Walk Start
10:00 a.m.	Bar-B-Q
10:30 a.m.	Awards Ceremony
2:00 p.m.	Runners Expo Village Closes

DIRECTIONS

FROM NY & NORTHERN & SOUTHERN NEW JERSEY

Garden State Parkway to exit 109. Take Rt. 520 East (Newman Springs Rd.). Road comes to a T. Turn left onto Broad Street. Take Broad Street to the middle of town and park. Parking is available in municipal lots that are on the blocks parallel to Broad Street. Call and request a detailed map.

FROM TRENTON AND WEST:

I-195 East to Garden State Parkway North Exit 109 - Follow above.

INFORMATION

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

VOLUNTEERS

This race could not exist without the dedication of hundreds of volunteers.

If you are interested in becoming a volunteer, please email info@sheehanclassic.org

PARTICIPATING SPONSORS



Making Healthcare Work.



CONTRIBUTING SPONSORS



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STRAUB



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JS GOLDEN GRAND PRIX EVENT

The Classic is part of the **2009 Jersey Shore Golden Grand Prix**. Prize money will be awarded for the Golden Grand Prix events. The five 2009 Golden Grand Prix events are: Spring Lake 5, George Sheehan Classic, Belmar 5, Asbury Park 5K & Pier Village 5K. www.JSgrandprix.com

