

IT'S MORE THAN A 5K...IT'S A CELEBRATION OF LIFE

# NJ Sharing Network 5K

saving lives through organ and tissue donation

## COURSE MAP

Sunday, May 19, 2019

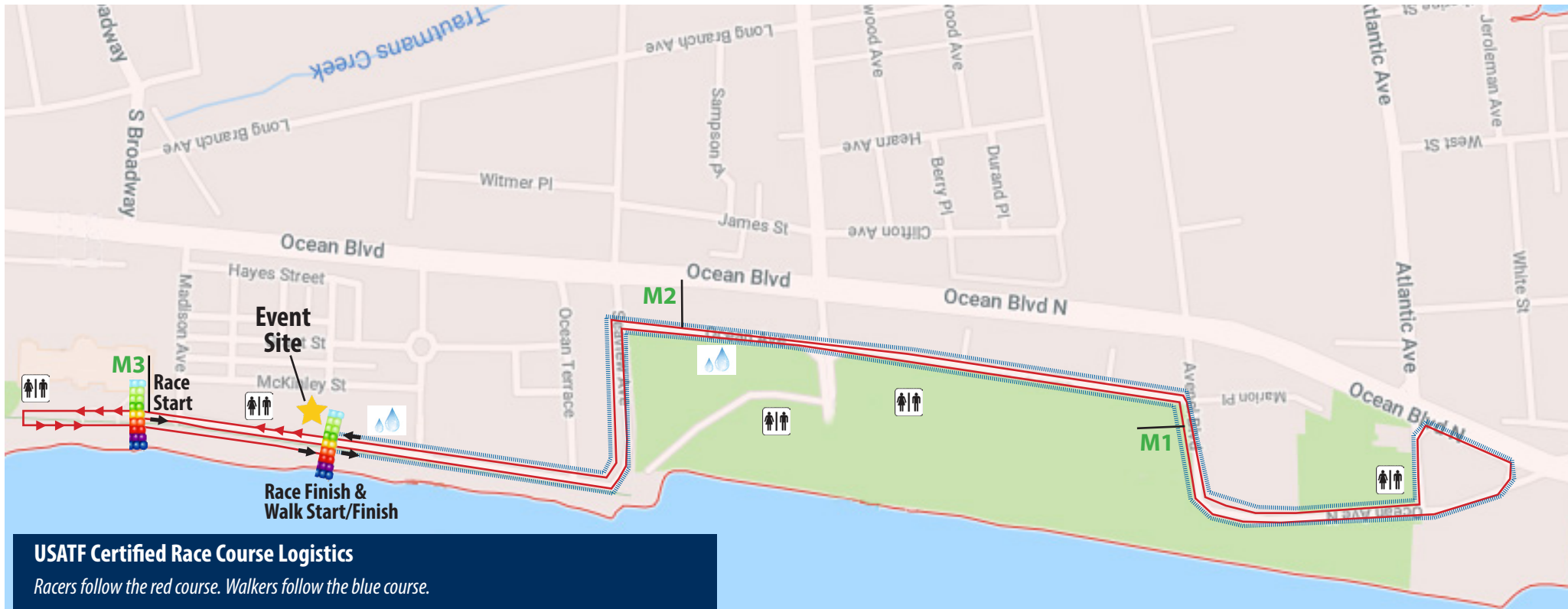
### 5K Walk & USATF Certified Race

Great Lawn at the Ocean Promenade

Ocean Ave, Long Branch, NJ

(North of Pier Village between Ocean Place Resort and Rooney's)

8:30AM USATF Certified 5K Race | 10:00AM 5K Walk



#### USATF Certified Race Course Logistics

Racers follow the red course. Walkers follow the blue course.

Directions: Start running north to the end of the Promenade and turn left onto Seaview Ave. Stay to the right of the center line on Seaview Ave., Ocean Ave., and Avenel Blvd in both directions. On the return, turn from Seaview Ave. to Ocean Ave. and run to Madison Ave. where runners will crossover to the Promenade and run staying on the right to the turnaround. Remain on the right after the turnaround running to the finish on the Promenade. A course marshal will be there to assist you in returning to the event site.

**IMPORTANT NOTE:** 10:00am Walk Participants will NOT follow the USATF Certified Race Course. Please refer to the blue line for the Walk Route.

- USATF Race Route
- Walk Route
- 💧 Water Station
- 🚻 Restroom
- MX Mile Marker

#### Schedule

- 7:15am - Course Marshals meet at the Main Stage for transportation to course
- 8:30am - USATF Certified 5K Race Start
- 10:00am - Walk Start
- 11:45pm - Course Marshals may leave post
- 12:30pm - Last shuttle leaves event site