

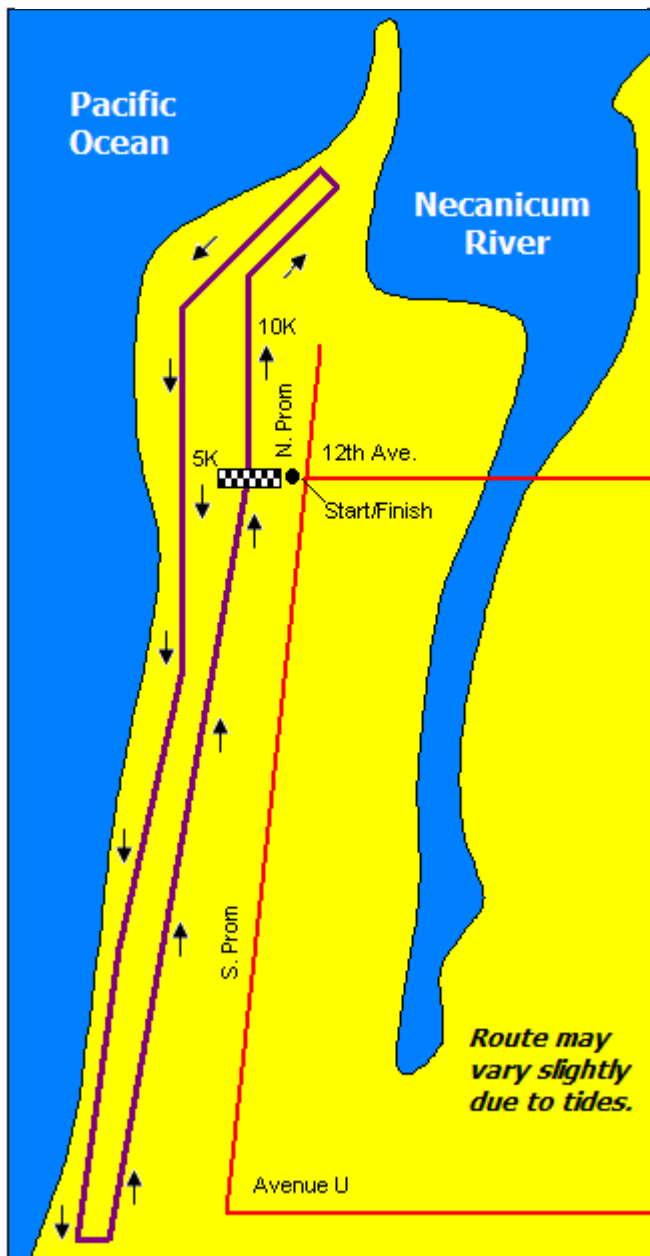
45TH ANNUAL

JULY 16, 2011

# SEASIDE BEACH RUN

"GET YOUR FEET WET!"

## Course Map



## Event Schedule

- 7:30 to 8:30 am** – Same day registration and registration packet pick-up (12<sup>th</sup> Ave. & Prom.)
- 8:45 am** – 5K Competitive (timed) Walk begins.
- 8:50 am** – 5K untimed Prom Walk begins.
- 9:00 am** – 5K and 10K races begin.
- 9:20 am (estimated)** – first 5K runners finish.
- 9:40 am (est.)** – first walkers/10K runners finish.
- 10:15 am (estimated)** – 5K/10K events conclude.
- 10:15 to 10:45 am** – Kid's Sand Dash and Treasure Hunt activities.
- 10:45 – 11:15 am** – Surrey Shuttle Service:  
*From:* 12<sup>th</sup> Ave. beach parking lot  
*To:* Goodman City Park (12<sup>th</sup> Ave. & Necanicum Dr.)
- 11:30 am** – Awards Ceremony picnic begins.
- 12:30 – 1:30 pm** – Surrey Shuttle Service:  
*From:* Goodman City Park  
*To:* 12<sup>th</sup> Avenue beach access and downtown Seaside

Phone: (503) 738-8304

Web Site: [SeasideBeachRun.org](http://SeasideBeachRun.org)

Online Race Registration: [www.Active.com](http://www.Active.com)

Fit To Be Teens, Inc.,

PO Box 304, Seaside, OR 97138

Fit To Be Teens, Inc. is a charitable non-profit organization.