

## About the Race

This is the eighth year of the consolidation of the Robert Coombs Memorial Bay Run and the David C. Douglass, Sr. Memorial Race. This year's edition features a CERTIFIED 5-mile race as well as a 2-mile health run/walk. Both courses are flat, scenic, and are located primarily along the beautiful Delaware Bay.

**ROBERT COOMBS** was a Town Bank Volunteer Fireman who was killed in an automobile accident.

**DAVID C. DOUGLASS, SR.** was a Lower Township Police officer who made the ultimate sacrifice while protecting his community. David was also a Town Bank Volunteer Fireman.

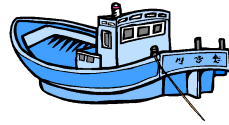
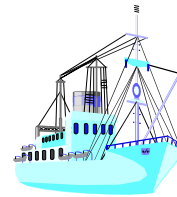
### PROCEEDS BENEFIT:

**Douglass Memorial Scholarship Fund**

**Special Olympics of South Jersey**

### Committee

Joe Link            Bill McArthur  
Bob Keith         Mitch Plenn  
Zack Zelwak



**Lower Township  
Department of Parks  
& Recreation**

**5 Mile Run  
CERTIFIED**

**2 Mile Walk**

Beautiful, flat course along the Delaware Bay shoreline and adjoining neighborhoods.

**Coombs/Douglass  
Memorial  
Bay Run**



**Lower Township Department  
of Parks & Recreation**

Mail with fee to:  
Lower Township Department of  
Parks & Recreation

PHONE: (609) 886-7880 ext. 9

FAX: (609) 886-7838

EMAIL:

[recreation@townshipoflower.org](mailto:recreation@townshipoflower.org)



**Saturday, August 1  
2009  
8:30 am**

**North Cape May, NJ**



**Registration, Start, Finish, and Pancakes located at**

**Town Bank Fire Hall  
224 Town Bank Road  
Town Bank, NJ 08204**

**Registration opens at 7:00 am**

**FROM GARDEN STATE PARKWAY:**

Get off at exit 4A (Rio Grande). At 3rd traffic light make a left turn onto Railroad Avenue. Railroad Ave turns into Seashore Road. Make right at traffic light onto Town Bank Rd. Go through 3 traffic lights. Town Bank Firehouse is on the left and well-marked.

**FROM ROUTE #47:**

Take 47S to Bayshore Rd (light with Texaco station on far right corner). Turn right at light. At blinking light, bear left 90 degrees. At 4th light bear right. At 2nd light make right onto Town Bank Road. Town Bank Fire Hall is about 1/2 mile on the left and well-marked.

**On-Line Registration at  
Active.com**

**Map and other info at  
[www.CapeMayBeach.com/coombsdouglass.html](http://www.CapeMayBeach.com/coombsdouglass.html)**



- Free pancake breakfast after events
- Free T-shirt to all participants as supplies last
- Door prizes
- 5-year age group trophies (1, 2, 3)



**Lower Township is:**

- **Oldest settlement in NJ**
- **Largest community in Cape May County**
- **Cape May Point Lighthouse**
- **Cape May/Lewes Ferry**
- **Sunset Beach (concrete ship)**
- **Higbee Beach wildlife preserve**
- **Second largest commercial fishing fleet on the eastern seaboard**
- **Ocean Drive between Cape May and Wildwood Crest**

**Registration Form**

**Coombs/Douglass  
Memorial Bay Run  
8/1/2009**

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Email \_\_\_\_\_

Age (on 8/1/09) \_\_\_\_\_ Sex  M  
 F

T-shirt Size  S  M  L  XL

Event  5 mile run  2 mile health  
run/walk

**Waiver**

In consideration of you accepting this entry in the Coombs/Douglass Memorial Bay Run, I waive all claims for myself and assigns against the race committee, Lower Township, and all other sponsors and promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in the above mentioned activity in the signing of this form. I acknowledge I have fully read and understand this official form and understand my own liability and accept the restrictions described herein.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian  
(if applicant is under 18)

\_\_\_\_\_  
Date

**Mail with fee to:**

Lower Township Department of Parks & Recreation  
2600 Bayshore Road  
Villas, NJ 08251