

About the Race

This is the ninth 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.

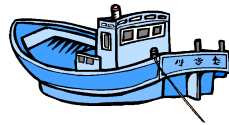
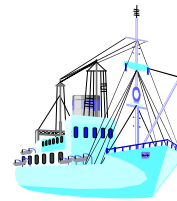
PROCEEDS BENEFIT:

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

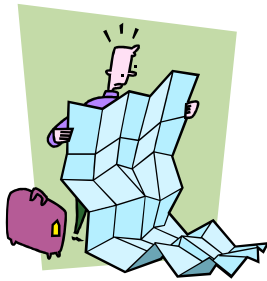
EMAIL:

recreation@townshipoflower.org



**Saturday, August 7
2010
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**



- 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
8/7/2010**

Name _____

Street _____

City _____

State _____

Email _____

Age (on 8/7/10) _____ Sex M F

T-shirt Size S M L XL

Event 5 mile run 2 mile health run/walk

Fee: \$15 before 8/7/10 — \$20 day of race

Make checks payable to:

“Lower Twp. Dept. of Parks & Rec.”

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