

**RUNNER'S INFORMATION**  
**MONMOUTH COUNTY PARK SYSTEM**  
**2009 E. MURRAY TODD HALF-MARATHON**  
**SUNDAY, MARCH 1, 2009**

1. Enclosed with these instructions, you will find a course map. **You will pick-up your race number and timing band on the morning of the race.** Do not remove the bottom-perforated tag and do not pin tag directly to your shirt.
2. Only those runners displaying their race number will be permitted in the finish chute.
3. Starting time for the race is 9:00 a.m. You should check in at the Brookdale Community College Gymnasium between 7:15 a.m. and 8:30 a.m. and report to the starting line no later than 8:50 a.m. You may pick up your commemorative T-shirt when you check in.
4. Please be sure the timing band is in place on your ankle when you proceed to the start line.
5. Locker space is available, but it is limited. Please bring your own lock to secure your personal items.
6. Position yourself in the pack at the starting line according to your pace.
7. The course is marked with directional signs. The lead vehicle will travel the route in front of the pack.
8. **THERE WILL BE AUTOMOBILE TRAFFIC THROUGHOUT THE COURSE. ALTHOUGH INTER-SECTIONS WILL BE CONTROLLED, YOU MUST BE CAUTIOUS OF TRAFFIC AT ALL TIMES.**
9. Water stations are located at approximately 3, 6, 8 and 10 miles. There will be a 6 mile split given with the results.
10. A vehicle will follow to pick up those needing assistance. Please wait on the side of the road for the next Park System vehicle to come by.
11. The finish line will be adjacent to the main entrance of the gymnasium on the rear service road of the college. Place your timing band in the bin at the end of the finish chute.
12. Results will be posted as they become available. Awards will be presented after all the category winners have been determined.
13. This is a rain or shine event.
14. Please, no unofficial substitutions. If you have a change, give us a call.
15. Updated list of entrants can be found at [www.lin-mark.com](http://www.lin-mark.com).
16. It is the runner's responsibility to know the course map.
17. **In the event of bad weather call our weather cancellation number at 732-842-4000, Ext. 6.**

**DIRECTIONS TO BROOKDALE COMMUNITY COLLEGE**

**Via Garden State Parkway:** Exit 109 for Red Bank and Lincroft. Traveling south, make a right at the light at the foot of the exit ramp onto Newman Springs Road (Route 520). Continue through three traffic lights in Lincroft and the College entrance will be on the left at the roundabout. Traveling north, make a left at the light at the foot of the exit ramp. Continue through four traffic lights and the College entrance will be on the left at the roundabout. The College entrance is just under two miles west of the Parkway on Route 520. Entering the College off Route 520, the gymnasium parking lots are the last lots on your right (lots number 6 and 7), past all the College buildings.

**Via New Jersey Turnpike:** Traveling south, take Exit 11 onto the Garden State Parkway southbound and follow the above directions. Traveling north, take Exit 7A to Route 195 East to Garden State Parkway. Take Parkway north and follow the above directions.

Watch for information on the Park System's 2009 series of racing events on our website [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com) .  
CALL IF YOU HAVE ANY QUESTIONS: (732) 542-1642, Ext. 23 or email [rward@monmouthcountyparks.com](mailto:rward@monmouthcountyparks.com) GOOD LUCK!