THE SEA ISLE CITY BEACH PATROL WILL HOST ANNUAL 10-MILE ISLAND RUN ON AUGUST 6

SEA ISLE CITY, NJ – The Sea Isle City Beach Patrol will host the 2016 Captain Bill Gallagher 10-Mile Island Run on Saturday, August 6, at 44th and the Beach. Individual runners as well as members of organizations and running clubs are invited to participate in this popular competition.

The 10-Mile Island Run will begin at 5:30 p.m., rain or shine; however, an electrical storm will necessitate postponing the run until the first evening that conditions permit.

The race takes place on a traffic-free, flat course. Approximately 2.5-miles of the course is on Sea Isle's paved Promenade (boardwalk) and the remaining distance of the course is on the beach. Low tide occurs at 5:04 p.m. on August 6, which will provide runners with four-hours of excellent running surface on the sand.

Online pre-registration for individual runners is available until Wednesday, August 3, at 11:59 p.m. for $20.00. Registration by mail or in-person for individual runners is available until Saturday, August 6, at 4:30 p.m. for $30.00.

Online pre-registration for Teams and Clubs is available until Wednesday, August 3, at 11:59 p.m. for $22.00 per runner. Registration for Teams and Clubs by mail or in-person closes on Saturday, August 6, at 4:30 p.m. for $32 per runner. The number of runners allowed per team is unlimited. All team members must complete their own registration form.

Race day registration and the distribution of race packets takes place on August 6 between 12 noon and 4:30 p.m. at Sea Isle City's Community Lodge, 300 JFK Boulevard (adjacent to the Welcome Center).

Entry fees are non-refundable. Make checks payable to "Sea Isle City Beach Patrol." High quality event tee-shirts will be given to the first 1200 registrants.

Chip timing will record the finish time of each runner. Awards will be presented to the top male and female runners in numerous categories – including cash prizes to the overall first, second and third place winners.

For more information about the 2016 Captain Bill Gallagher 10-Mile Island Run, visit www.sicbp.com or phone 609-263-3655.

PHOTOS & CAPTIONS:

(Image: Bill Gallagher) Former Sea Isle City Beach Patrol Captain Bill Gallagher will sound the starting horn on August 6 during the 46th Annual Captain Bill Gallagher 10-Mile Island Run. The race was re-named in Gallagher's honor more than 25 years ago.

(Image: Island Run) Each year, the Sea Isle City Beach Patrol's Captain Bill Gallagher 10-Mile Island Run attracts more than 1000 athletes from across the region -- and the nation. For information about this year's race, which takes place on August 6, visit www.sicbp.com.

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