

Lavallette

# Save Barnegat Bay prepares for inaugural 8K race and fitness walk

By Brian McGinn

The Borough of Lavallette offers residents and visitors to the borough the unique experience of being nestled between the Atlantic Ocean on one side and the Barnegat Bay on the other.

One local nonprofit organization, Save Barnegat Bay, works day in and day out to keep the entire Barnegat Bay watershed in its natural state.

But fighting for the Barnegat does not come free.

Always looking for new and exciting ways to raise money and awareness to support its cause, Save Barnegat Bay officials announced earlier this year that they will hold a bayside run and fitness walk.

This week, the organization has announced that registration has opened for the inaugural "Save Barnegat Bay 8K" race and 3.3 mile fitness walk, scheduled for Saturday, June 24.

"This is a tremendously exciting opportunity for Save Barnegat Bay and the town of Lavallette," said Race Director Jamie Watson. "Establishing a road race in Lavallette has been a dream for Joe Yewaisis [race founder] and myself for a long time."

The 8K race will wind through the streets of Lavallette along the Barnegat Bay. Race officials said the runners will be able to take in the sights of the Barnegat Bay while running.

Those sights will include a look at Barnegat Bay Beach, the longest stretch of undeveloped bay shoreline in New Jersey.

For those runners not prepared

for the 8K run but still interested in helping the organization, the 3.3 mile fitness walk also makes for great views of the Barnegat Bay.

The mayor and council in Lavallette has given its full support to the race, allowing the organization to use a number of borough parking lots on the day of the race.

The Lavallette Police Department, Fire Department, First Aid Squad and the United Mitochondrial Disease Foundation have also lent their support to the race.

"We are so grateful to the dynamic team of local supporters who approached Save Barnegat Bay with this idea of a race/fitness walk," said Jennifer O'Reilly, Associate Executive Director of Save Barnegat Bay. "They are tremendous role models and together we hope to host an outstanding event, while raising money and awareness for Save Barnegat Bay, the United Mitochondrial Disease Foundation and Lavallette's emergency services."

Prizes will be given to the top male and female finishers, top finishers in various age groups, the first island resident and top municipal government team to finish.

Each participant, no matter their finishing position, will receive a Save Barnegat Bay 8K T-shirt, customized pint glasses, a goodie bag, free raffle tickets and an invitation to a post-race party at the Crabs Claw Inn.

Those raffle tickets will enter

racers into a raffle to win a variety of prizes, including a sports kayak donated by Lavallette's Yackety Yaks Kayak Rentals, dinner gift certificates to local restaurants, and more.

"If participating in the race is not for you, then maybe you want to consider sponsoring the race or volunteering on race day," Ms. O'Reilly said. "We would love to include everyone to share in what we promise to be an outstanding experience for all."

Online registration, which opened last month, is filling up quickly. The cost to participate in the 8K race is \$20. To walk in the 3.3 miles fitness walk, the cost is \$13, before May 15.

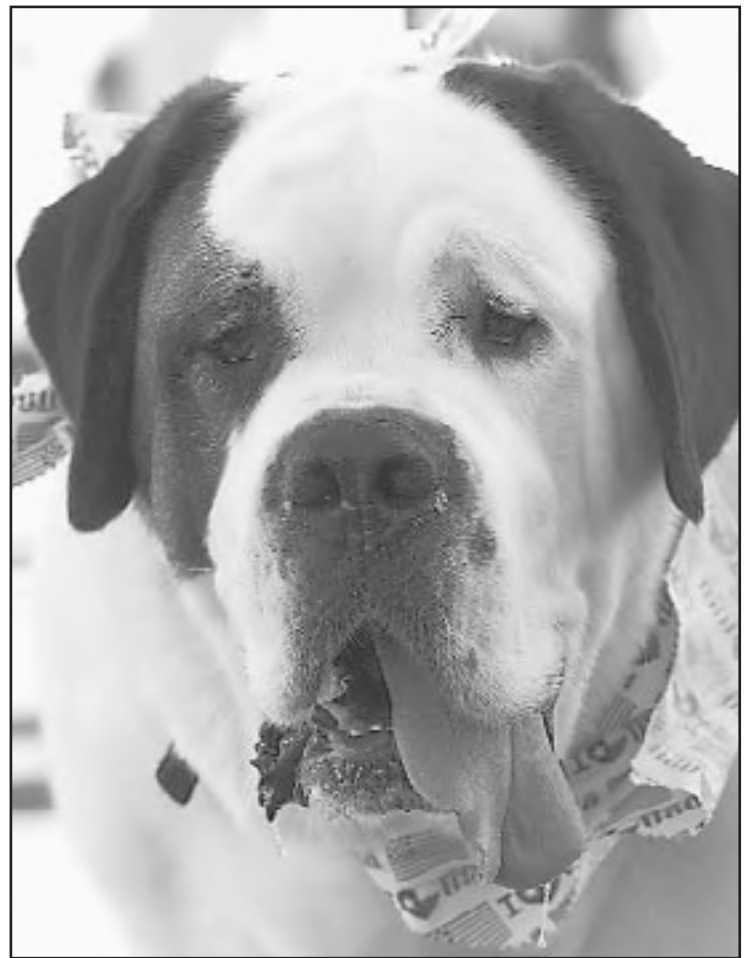
Participants can download a registration form and learn more about the day's events by visiting the races official website, www.sbb8k.com.

Registration forms can also be mailed to PO Box 552, Lavallette, NJ 08735. Forms may also be dropped off at Save Barnegat Bay headquarters on Route 35 north and Brown Avenue in Lavallette.

Save Barnegat Bay is a not-for-profit environmental group working to conserve undeveloped natural land and clean water through the Barnegat Bay watershed.

The organization was founded in 1971 as a local chapter of the Izaak Walton League of America, a leading national environmental organization.

To learn more about Save Barnegat Bay, visit their website at www.savebarnegatbay.org or call 732-830-3600.



Ocean Star file photo  
Wind Chill, a Saint Bernard owned by Ed Wilowski of Brick Township [above] will look to defend his title of biggest dog at this year's Lavallette Dog Walk, sponsored by the Municipal Alliance Committee.

# Lavallette's annual walk goes to the dogs

By Brian McGinn

Every year, dogs from up and down the barrier island gather in Lavallette and take the small, seaside borough over during the Municipal Alliance Committee's annual Lavallette Dog Walk.

This year, local dogs will flood into the Borough of Lavallette on May 20 at 10:30 a.m., and spend most of the day walking around the Barnegat Bay, strutting their stuff, trying to impress the local judges and win prizes.

The dogs will compete with each other in ten categories including: the best animal, best dressed, looks most like owner, barks the most, smallest dog, best dog trick, best behaved, biggest dog, best groomed and personality.

The dogs, and their owners should begin arriving at the fire house and first aid complex at around 10 a.m. to being registering for this year's walk, which will take participants down Washington Avenue to the bayfront.

Each dog and their owner will then walk along the Barnegat Bay to Magee Avenue, eventually returning to the fire house.

Once back at the fire house, the dogs all get in a circle in the parking lot for a short trick session, where they get the opportunity to show off in front of the other dogs.

Each dog that participates in the

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