

## Enjoying The Fruits Of Their Labor



SUEANNE GOSS, The Ocean Star

Lavallette Department of Public Works employees Vito DeFranza (from left), Guy Pollioni and Darren Echols took a few moments on Tuesday afternoon to test out the bayfront pavilion the department recently restored at Reese Avenue.

## Third annual 8K to hit the streets in Lavallette on June 28

By Andrea Agardy

Area residents are invited to Lavallette on June 28 to make the most of a Jersey Shore weekend and help protect one of the borough's greatest assets.

The borough will host the Third Annual Save Barnegat Bay 8K Running Race and Fitness [SBB8K] walk on that summer Saturday, and Joseph Yewaisis, founder of the event and the president of the group that organizes the race, hopes the trend of increasing participation the young race has seen since its inception, continues this summer, as well. Mr. Yewaisis, who has a summer home in Lavallette and maintains a permanent residence in Glen Ridge, said the SBB8K drew 600 participants in its first year, and an additional 300 in 2007. He is hoping to break the 1,000-runner walk with next month's race.

Mr. Yewaisis said many other shore towns host road races and he felt the time had come for Lavallette to hold an event all its own that gave runners an opportunity to exercise along the shore while doing a little good for the community.

Save Barnegat Bay is a not-for-profit environmental group working to conserve undeveloped natural land and clean water throughout the Barnegat Bay watershed. The group was founded in 1971 as a local chapter of the Izaak Walton League of America, a leading national environmental organization.

Mr. Yewaisis approached the group's president, Willie deCamp, with the idea about making the Lavallette-based environmental group the primary beneficiary of the race. Mr. deCamp agreed, and the SBB8K was born.

In its first two years, the SBB8K has distributed roughly \$20,000 to a variety of local charities. Mr. Yewaisis has set a fundraising goal of \$35,000 for next month's event. Two-thirds of the proceeds are earmarked for SBB, and the remaining money is divided between the Lavallette police and fire departments and the first aid squad.

"The donations to the town is for their cooperation," Mr. Yewaisis said, adding borough officials and volunteers have been supportive and involved with the event from day one. "... The mayor, council, police department, fire department really got behind it [the race] and supported it. We're basically shutting the town down for three or four hours, so this is our way to say thank you."

A portion of the race proceeds will also be donated to the United Mitochondrial Disease Foundation. Mr. Yewaisis said he has a friend whose four children have been diagnosed with a mitochondrial disease, which results from failures in the mitochondria, specialized compartments in every cell of the body with the exception of red blood cells. Mitochondrial diseases can affect

a wide variety of organs, ranging from the kidneys, brain, heart and liver.

Mr. Yewaisis, who has completed two New York City Marathons, said most of the participants in the first two races were either year-round area residents or people who have a summer home on the barrier island. Local or not, all are welcome on June 28.

In addition to the 8K, the event also features a 2-mile fitness walk. The longer race meanders through the town of Lavallette and along the shores of the picturesque Barnegat Bay, allowing runners to take in sights along the longest stretch of undeveloped bay shoreline on Barnegat Beach Island. The 2-mile fitness walk offers participants the best of both worlds, as it follows the bay for more than 1.5 miles, offering the runners the most scenic parts of the course.

"Nearly 900 participants and volunteers helped us with last year's events and raved about how exciting and beautiful the day was. We hope to make it even better this year," said Jennifer O'Reilly, associate executive director of SBB. "A few of the

improvements made for this year are we have added two new award categories First Place Male and Female Walking Division and Top Law Enforcement Division. Also new to 2008, the awards will be sponsored by Tiffany & Co."

Participants will receive a SBB8K T-shirt, customized pint glass and goodie bag including a ticket for raffle prizes to each participant.

Complimentary food and drinks will be on hand for everyone involved with the day's events as well as a post-race party at the site, sponsored by The Crab's Claw Inn of Lavallette.

Online registration for the event and more information on the SBB8K is available at [www.runthebay8k.com](http://www.runthebay8k.com).

Registration fees for participants who sign up before May 31 will pay \$25 for the 8K and \$18 for the 2-mile fitness walk. Starting June 1, registration fees will be \$30 for the 8K and \$23 for the fitness walk.

Registration is also available at Save Barnegat Bay's headquarters, at the corner of Route 35 north and Brown Avenue in Lavallette.

## Lavallette library sets June calendar

The Upper Shore Library, a branch of the Ocean County Library, 112 Jersey City Ave., Lavallette has announced its June calendar of events.

For more information or to register for any of these events please contact the library at 732-793-3996.

- "Elder Law: The Ins and Outs of Protecting Your Assets," will be presented on Tuesday, June 3 at 11 a.m. Join Attorney Scott Hanula, LLM who has his certification in elder law as he focuses on long-term care costs, qualifying for medicaid, powers of attorney, probate, guardianships and all of the essential estate planning document in this informative lecture.

- "Lectures in song: They Wrote the Words," will be held on Wednesday, June 11 at 7 p.m. This program celebrates four lesser-known lyricists. Join Fred as he pays tribute to Otto Harbach, Ted Koehler, Leo Robin and Arthur Freed. Always a favorite.

- The Second Annual Battle of the Bands: will be held on Saturday, June 14 from noon to 3 p.m. Come out and show local teen bands that the community supports their musical endeavors. The panel of judges will decide who this year's winner will be. Sponsors include local businesses, the Friends of Upper Shores Branch, the Lavallette Alliance and the borough.

- "Reading isn't Ruff" will be held Tuesday, June 17 at 7 p.m. Cuddle up to someone while reading a favorite book. The therapy dogs are all ears.

- A spinning wheel demonstration with Diane Runyon will be held on Saturday, June 21 from 10 a.m. to 1 p.m. View the magical age old practice of spinning fleeces into yarn. Visitors will also have a chance for some hands-on fun.

- Ms. Runyon a lover of Newfoundland dogs and spinning wheels, and they will all be here together to show visitors how the dogs add to this ancient art. Educational and entertaining for everyone from age 5 to 105. Sparks, the library mascot will also be here to promote our Summer Reading signups.

- "I Feel Bad About My Neck", by Nora Ephron, will be the topic of the book discussion group on Wednesday, June 25 at 3 p.m. Fifteen essays written by the Ms. Ephron detail what it's like to be a woman over 60.

- Coin collecting with Jim Majors will be presented on Wednesday, June 25 at 6 p.m.

- Join the President of the Ocean County Coin Club to learn about commemorative programs, proof and mint sets, paper money changes and more. A question and answer session will be held at end of program, which is for adults and kids grade four and up.

## Time capsule opening & reunion slated

On Saturday, May 31, Lavallette Elementary School will open its time capsule that was buried 25 years ago. All graduates of Lavallette School are invited to attend the celebration which will include an all-day World's Fair Festival of students' projects, tours of the school, small performances, lots of food and a state cake.

## Senior lunch & movie set

The Lavallette Municipal Alliance and Recreation Committee will continue its senior lunch and a movie program on June 8 with a show at the The Music Man.

To register, call Joyce at 732-793-7477 ext. 612.

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