

Sea Girt 5K



Saturday, August 6th, 2022

To Benefit Sea Girt Recreation and

the
Ashley Lauren
foundation
Hope and Help for Children with Cancer

Registration and Information:

www.seagirt5k.com

5K Run/Walk – 8:30 AM

Kids Races – 10:00 AM

Custom T-shirts, Medals, Live Music, After-party

Kids Activities – 8:30 – 11:00 AM

Inflatables, Pony Rides, Face Painting & More

In-Person Registration, Race Bib and T-Shirt Pickup:

3 – 7 PM, Friday, August 5th

6 – 8 AM, Saturday, August 6th

Located in Tents Across from Fratello's Restaurant