



PRESS RELEASE

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The Peninsula at Bayonne Harbor to Host 3rd Annual Bayonne Medical Center Foundation 5K Harbor Run

Bayonne, August 19, 2004 – The Bayonne Medical Center Foundation's 3rd annual Harbor 5K Run / 1.5 mile Walk / Kiddie Race will take place at The Peninsula at Bayonne Harbor on Sunday, September 19th.

Proceeds from the five-kilometer run will benefit the Bayonne Hospital Medical Center Foundation and community wellness programs. Other events include the Kids' Dashes at 10 a.m., open to children ages 2 to 11, with distances from 25 to 200 yards as well as prize drawings, refreshments and a DJ.

This year's presenting sponsor is Pamrapo Savings Bank. The media sponsor is *The Hudson Reporter* newspapers, which includes the *Bayonne Community News*.

Registration for the event begins at 7:30 a.m. with a 1.5-mile walk scheduled for 8:30 a.m. The Bayonne Harbor 5K will begin at 9:15 a.m.

All participants will be given Bayonne Harbor 5K t-shirts. The 5K awards include first, second and third place for male and female runners, and for different kids' age groups. Awards will also be given for first male and female firefighter, police officer, EMT and Bayonne Medical Center employee. There will be additional awards for first male and female Bayonne resident. Ribbons will be given to all walkers and Kids' Dashes finishers.

The course is USATF (USA Track & Field) certified. Fees for the walk and run up to Sept. 14 are \$15 per person for the walk or the run, or \$13 for those with a USATF membership. Cost for both will be \$18 after Sept. 14 and on the day of the races.

Registration forms are available at the Bayonne Medical Center, several local banks as well as the Foundation office. You can also register on line at www.active.com. Please call (201) 858-6500 for more information.

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