

## SBB hosts annual 8K, fitness walk

By Alena Competello

Come Saturday morning, hundreds of runners and walkers will amass at the bayfront in Lavallette to participate in the fourth annual Save Barnegat Bay [SBB] 8K and fitness walk.

SBB is a not-for-profit environmental group based out of Lavallette working to conserve undeveloped natural land and clean water throughout the Barnegat Bay watershed.

Jennifer O'Reilly, associate executive director of SBB, said the race started at the request of two men from Lavallette, Joe Yewaisis, who is now the race director, and Jamie Watson.

"They wanted to see a nice town event happen that also had more meaning," she said. "They approached us to coordinate the race and fitness walk."

The fitness walk was included along with the 8K, Ms. O'Reilly said, to include as many people as possible. The sponsors of the walk are largely from Lavallette, she added, because "we're making it a town event to stimulate the economy [of Lavallette] and bring in local businesses so it would be a nice day for Lavallette."

The official sponsors of the event include Bell Rock Capital, Crab's Claw Inn, Enright Chiropractic, Janney Montgomery Scott, Ocean First Foundation and T.M. Ward Coffee Company.

There are also a number of company supporters of the event, including those at the Gold Level like Bayside Cafe, Kiefer Awards Company, Michele Donato, Esq., Robert P. Lamb, Esq. and Staats Physical Therapy. Other SBB supporters are Anytime Fitness, Chadwick Island Marina, Colonial Bakery, Crest Physical Therapy, Goldman Sachs, Knoll Acupuncture, Morgan Stanley and Ocean County Sports Medicine. The 2009 community sponsors are Big Ed's Produce and Birchler Realtor.

The SBB8K and fitness walk is a fund-raiser for the SBB organization, Ms.

O'Reilly said, but SBB only takes in 60 percent of the profits. The remaining 40 percent is divided amongst the Lavallette police and fire departments, the Lavallette first aid squad and the United Mitochondrial Disease Foundation.

"That's just how we're set up," Ms. O'Reilly said of the distribution of the event proceeds, "and it will always be that way."

The starting and finish line for both the 8K and fitness walk is at the corner of Washington and Baltimore avenues near the first aid squad building. The 8K takes runners across West Point Island and up and down Bay Boulevard along the Barnegat Bay. Participants in the fitness walk will also traverse West Point Island and head to the finish line.

This year's event includes some new features, including a new timing system.

"We finally bit the bullet and got the timing chips [to track a runner's progress] ...so there will be no bottlenecks," said Ms. O'Reilly. "Hopefully [it] will be a little more streamlined and make everyone happier."

The fitness walk has also been extended from 2 miles to 3 miles, she said.

Last year, there were close to 800 participants, Ms. O'Reilly said, noting that this year's numbers are a bit lower. Ms. O'Reilly was optimistic that there would be plenty of people registering for the race and fitness walk on Saturday.

"Since the weather is supposed to be nice I think the numbers will come at race day registration," Ms. O'Reilly said. The weather, she added, "makes a difference."

Registration on June 27 begins at 7 a.m. and will run until 8:15 a.m., Ms. O'Reilly said.

The cost is \$23 for the fitness walk and \$30 for the 8K

## There's Nothing Like A Carnival



Lavallette Elementary School students Amanda Verrier [from left], 11, Lindsay Campbell, 12, and Gabrielle Rich, 11, enjoyed a tasty treat at the PTA Carnival at the school on Monday, June 15.

JOSEPH J. DELCONZO, The Ocean Star

race.

Participants will receive a SBB8K T-shirt, a customized pint glass and a goodie bag including a ticket for raffle prizes. Among the raffle prizes are a SBB book, sweatshirts, a basket from the company Nutrilite, which promotes health and fitness and provides vitamin supplements.

As always, Ms. O'Reilly noted, the top male and female finishers will get a trophy. This year will also feature an Egret Award, given to the top male and female finishers who reside on the barrier island from Point Pleasant to Seaside Park, Ms. O'Reilly noted.

Meridian Life Fitness, a large sponsor of the event, Ms. O'Reilly said, is also providing a free basic level analysis for the second-place male and female finishers to help them "improve their game and point out where their weaknesses are" so they can take home first prize next year, said Ms. O'Reilly.

A new division and award have been added this year, the Law Enforcement Division, which includes military, firefighters and police officers.

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

To learn more about Save Barnegat Bay visit the Web site [www.savebarnegatbay.org](http://www.savebarnegatbay.org) or call 732-830-3600.

## Remembering Heroism



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Lavallette resident Joseph F. Monti, a retired educator, author and historian, spoke about World War II battles and acts of heroism at Monday afternoon's meeting of AARP chapter 3747, at the Spring Lake Heights community center. He brought World War II memorabilia, which was displayed during his lecture.



## Lavallette Community Calendar

To submit a calendar listing or Lavallette news story, e-mail [acompetello@theoceanstar.com](mailto:acompetello@theoceanstar.com)

### Independence Day Fireworks

An Independence Day fireworks display and concert will be held at the bayfront gazebo at 8 p.m. on Sunday, July 5.

### Flea Market

The Lavallette Women's First Aid Auxiliary will hold a Flea Market on Wednesday, July 15 [rain date July 16] on the grounds of the first aid building between Washington and Philadelphia avenues from 8 a.m. to 4 p.m.

There will be a wide range of vendors offering a variety of merchandise for both young and old. Baked goods, hot dogs and cold drinks are also available. For more information, call Jean at 732-793-5160.

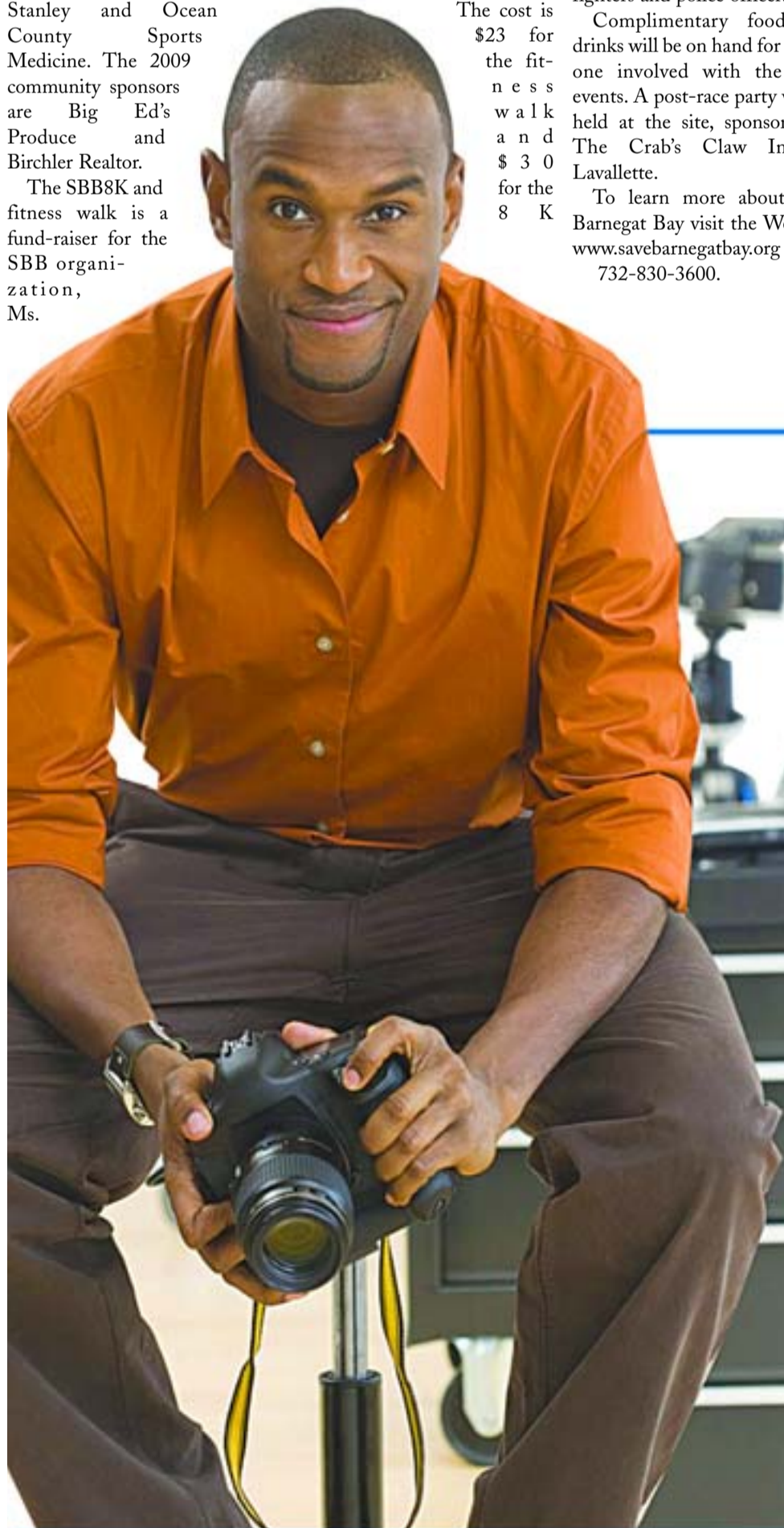
### LVT Meeting

The Lavallette Voters and Taxpayers Association meeting is scheduled for Friday, June 26 at 7:30 p.m. at Borough Hall, 1306 Grand Central Ave., Lavallette. Scholarship awards will be presented to the recipients at the meeting.

### Union Church Pancake Breakfast

Every summer, Union Church of Lavallette, located at the corner of Philadelphia and Grand Central avenues, hosts two pancake breakfasts. Attendees should enter through the door to the hall facing Grand Central Avenue.

The first breakfast will be held on Saturday, June 27 from 8 to 11 a.m. Pancakes, eggs and sausage are served with either apple or blueberry compote. The breakfast is all you can eat for \$6 for adults and \$3 for children under 12. The second breakfast will be held on Saturday, Sept. 5.



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