

Take part in 50th annual Seaside Beach Run

SEASIDE — It's time for the 50th annual Seaside Beach Run on Saturday, July 16.

There are 5K or 10K beach runs; a timed, competitive 5K Prom Race Walk; a non-timed 5K Prom Fun Walk. And be sure to bring the kids for the free Kids' Sand Dash and Treasure Hunt for children under 12 years old. Be a part of this Seaside tradition, or just come out to cheer on our runners, walkers and dashers.

Meet on the Prom at the 12th Avenue beach access. After the events, all are invited to attend an awards ceremony and free picnic lunch with food, drinks and prizes at 11:15 a.m.

Race day registration will take place from 7 to 8:30

a.m. You can also register online by visiting athletpath.com, raceroster.com, runsignup.com, or active.com and entering "Seaside Beach Run" in the search window.

The 5K and 10K beach runs and the 5K Prom Race Walk cost \$40 each; the 5K Prom Fun Walk costs \$30, and the Kids' Sand Dash is free, though registration is encouraged. Adult registrations include a souvenir event T-shirt as supplies last; child T-shirts are available for purchase separately.

The 5K Prom Race Walk begins at 8:45 a.m. The 5K Prom Fun Walk begins at 8:50 a.m. The 5K and 10K runners will be escorted to the starting line for instruction, and then those races will begin at 9 a.m. The



PHOTO BY DAMIAN MULINIX

Runners in the 5K race head south along the Seaside shore during the 2014 Seaside Beach Run.

Kids' Sand Dash starts at 10:30 a.m. followed by the Treasure Hunt at 10:45 a.m.

The Seaside Beach Run is a charity event that encourages fitness, promotes community spirit, showcases the North Oregon Coast, and benefits local children.

The annual event is produced by Fit To Be Teens, Inc., a nonprofit charitable organization. Net proceeds of all of Fit To Be Teens, Inc. charitable events go to provide fitness opportunities for Clatsop County middle and high school students. Since 2010, the Seaside Beach Run has helped to provide more than 200 free youth gym memberships to Clatsop County middle and high school students.

The race was started in 1966 by local lifeguards Ralph and Betty Davis. Forty-four runners participated in an 8-mile run from the Turnaround south to the Cove, north to Gearhart



PHOTO BY DAMIAN MULINIX

The Seaside Beach Run started in 1966 and is celebrating its 50th annual race on Saturday, July 16.



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The races on the beach start at the Prom and 12th Avenue beach access in downtown Seaside.

Beach before returning to the Turnaround. The beach run has grown and shrank over the years, boasting 1,200 runners in 1978 but only 59 in 1989 and very

low numbers a decade later. First held in August, the run was moved to July to eliminate a conflict with Hood to Coast, which concludes in Seaside.



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