

# "31<sup>st</sup>" Annual OCEAN RUNNING CLUB'S SEASIDE HALF MARATHON & 5K RUN

**Sunday October 19, 2008**

To benefit the **Tri-Boro First Aid Squad** of Seaside Heights, Seaside Park and Berkeley Twp.

**WOBM 92.7 Prize Challenge (13.1 Half Marathon) Who will be the 92<sup>nd</sup> finisher!**

**Half Marathon Registration** — Pre-registration is always encouraged to guarantee an official race T-shirt, fee – if registered by Oct. 12, \$25.00 (ORC Members \$20.00). **Online Registration** [www.RaceForum.com/Seaside](http://www.RaceForum.com/Seaside) Post-entry fee after Oct. 12, \$35.00 T-shirts while supplies **last** only.



**5K Registration** – Pre-registration (post marked by Oct. 12) \$20.00 (ORC Members 15.00) Post-entry \$25.00, T-shirts **while supplies last only**. **Online Registration** [www.RaceForum.com/Seaside](http://www.RaceForum.com/Seaside)

Race day registration for both events opens at 8:00 a.m., at **Spicy's Sumner Ave & Boardwalk Seaside Hts, NJ**

**Time** — **Half Marathon** 10:00 **5K** 10:10 AM, **Racewalkers** half marathon START 9:00AM

**Course** — Out & back, fast & flat, boardwalk and macadam, scenic – ocean and park



**Awards** — **Half Marathon** – Top 5 overall M&F, top 3 in 10 year age groups M&F from 19 and under to 70 and over. Half Marathon racewalkers, top 3 male and female overall.

**5K Awards** – Top 3 overall M & F, 1<sup>st</sup>.place in each age group M & F from 14 and under to 80 and over.

**Directions** – Take the Garden State Parkway exit 82 to route 37 East for Seaside (Toms River). After the bridge, follow signs for Seaside Heights. **Information** – [www.oceanrunningclub.org](http://www.oceanrunningclub.org)

**Please note** – This is a rain or shine event, sorry NO refunds. Make checks payable to – Ocean Running Club.



✂ \_\_\_\_\_ORC Seaside Half/5K 2008\_\_\_\_\_

Name \_\_\_\_\_ Shirt size (circle) M L XL

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Age day of race \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

(Check all that apply) Runner \_\_\_\_\_ Race Walker \_\_\_\_\_ 13.1 \_\_\_\_\_ 5K \_\_\_\_\_ ORC Member \_\_\_\_\_

I know that running is a potentially hazardous activity and I should not enter & run unless I'm medically able & properly trained. I assume all risk associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic, other conditions of the course & all such risks being known to me. Having read this & knowing these facts & in consideration of accepting my entry, I myself & anyone entitled to act on my behalf, waive & release RRCA, Ocean Running Club, Seaside Heights, Seaside Park, Berkeley Township, Island Beach State Park, Spicy's, all race volunteers & all sponsors, their employees, representatives & successors from any claim & liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant to all foregoing, the right to use any photographs, motion pictures, recordings or any other record or this event for legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

If under 18 years of age – Parent/Guardian must sign

**Mail this application to: Ocean Running Club, 960 Ambassador Drive, Toms River, NJ 08753, please note pre-reg. cut off date.**