

33rd Annual OCEAN RUNNING CLUB'S SEASIDE HALF MARATHON & 5K RUN



To benefit the Tri-Boro First Aid Squad of - Seaside Hts, Seaside Pk and Berkeley Twp.
AND the Ocean Running Club's Scholarship Fund



SUNDAY October 17, 2010

And on the night before the race

**Pasta Dinner (at a great price), Registration and packet pick up on
Sat. 10-16-10 At SPICY'S 5:30 to 8:30 pm**

Half Marathon Registration — Pre-registration only for a technical T-shirt, — if registered by Oct. 12, \$30.00 (ORC Members \$25.00). **New this year - disposable Timing chips**

Post-entry fee after Oct. 12, \$40.00 cotton T-shirts while supplies *last* only. (Please note - no discounts on race day)
ONLINE REGISTRATION= www.RaceForum.com/seaside NO FEE

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**. (please note - no discounts on race day)

Race day registration for both events opens at 8:00am, at Spicy's, 500 Boardwalk, Seaside HTS.NJ 08751

Time — Half Marathon 10:00 5K 10:10 AM , **REGISTRATION OPENS AT 8 AM =
CLOSES AT 9:30 AM sharp**

Course — Out & back, fast & flat, boardwalk and macadam, scenic, ocean & Park

Awards — Half Marathon — **Top 3 overall M&F, top 3 in NEW**

5 year age groups M&F from 19 and under to 70 & over
(Time cut off - 3 hours)

5K Awards — Top 3 overall M & F, 1st.place in 10 YR age groups M & F from 14 and under to 80 and over. Race walkers overall & masters M/F 1st. place

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

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



**WWW.RaceForum.com/seaside
REGISTER ON LINE - NO Fee ☺**

✂-----ORC Seaside Half/5K 2010----

Name _____ Shirt size (circle) M L XL
Address _____ E-MAIL _____
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.