

# 10th ANNUAL OCNJ HALF MARATHON, 5K RUN & NON-COMPETITIVE 10 MILER

Attention all Runners,

We are thrilled you have registered for the OCNJ ½ Marathon, 5K Run or the non-competitive 10 mile walk/run. We are committed to making this a truly unique "America's Greatest Family Resort" Event!

We want to take this opportunity to answer a few questions you may have and update you on important news.

If you are a runner who likes to get a good head start on your race preparations, take advantage of our **early race packet pick-up (strongly encouraged)**, stop by the Sneaker Shop at 704 Asbury Ave. Friday, Sept. 27th 10am – 6pm. Saturday, Sept. 28th 10am – 7pm. Runners may also **pick up packets on race day, 9/29. Packet pick-up** race morning is located at the Ocean City Music Pier, 825 Boardwalk from 6:30am - 8:00am.

As mentioned earlier, we are trying to make this event unique to Ocean City. So while running, look out for local "celebrities" Ocean City's Martin Mollusk, and the OCHS Red Raider mascot.

We are also looking for a handful of "special" runners that would be willing to help judge our "peppy" water stations. We are trying to encourage our water station volunteers to burst with pride and provide the runners with plenty of encouragement along with water. We would like your help in choosing the best water station. So please input your vote at the appropriate table at the finish ceremony.

You are anxious to learn where in OCNJ you will be running? Please check out our website [www.ocnj.us](http://www.ocnj.us) under recreation chose race events and maximize the OCNJ Race event to find the picture of course map. When looking at the map, you will find the starting line on 9th Street and the boardwalk, which is near the historic Music Pier. The race will end on the boardwalk at the music pier. (After finishing, runners (ONLY) will refuel and re-hydrate with Ocean City boardwalk treats.) **Take note the boardwalk is open to pedestrians, bikers and beach goers. You will be using a roped runner's lane on boards until you approach the finish line!** Inside the Music Pier will host the award presentations, bag check and shirt size exchange.

**Half Marathon** – We will begin to line up runners at the base of the boardwalk off 9<sup>th</sup> ST. starting line beginning at 8:15am. Race start is 8:30am. Portions of the race are closed to traffic. **Sections of the race will not be closed.** The entire race will be run on the right hand side of the road with the exception of the Longport Bridge, which will be run on the left hand side out and back until you are back on the Ocean City side. There is plenty of traffic control and volunteers along the course. The boardwalk will not be closed to pedestrians. There will be lead event staff (Ocean City Police Department) and a sag wagon. There are seven (7) water stations, three (3) of which, you will come to twice. There are 10 opportunities for water. Water stations will have water and a sports drink. Hammer Gels will be available at water station #4 & #6.

Water Stations are located: (See Posted Map)

- (#1) .5 mile mark
- (#2) 2 mile mark
- (#3) 3.5 mile mark
- (#2) again 4.5 mile mark
- (#4) 6 mile mark before entering boardwalk
- (#5) 7.5 miles on the boardwalk after passing the music pier
- (#6) is 8.5 at the end of the boardwalk beginning of returning to the street

- (#7) close to the 10 mile mark close to the last turn around
- (#6) again 11.5 & return back on to the boardwalk
- (#5) again before you finish. Then see you at the finish line!!

All Half Marathon Finishers will receive an OCNJ Half Marathon finisher's medal & OCNJ Race gift!

Please note that all participants must maintain a **15 minute per mile pace** throughout the course. You must be in front of the 16 min mile Golf Cart at the 10 mile turn around. To continue off the boardwalk for the other 3 miles.

**10 Mile** – The 10 mile participants will start at 9th St at 8:30am. The same time as the Half Marathon. The course is the same as the Half Marathon until the 8.5 mile mark at 23rd St (turnaround at the end of the boardwalk). Water stations are the same as Half Marathon. Then you will turn back to return to the finish line at the Music Pier. 10 milers will receive an OCNJ 10 Mile medal and OCNJ Race Event gift.

**5K** – Race start is 8:35 am. We will begin to line up runners at 9th St. on the boardwalk immediately following the Half Marathon race start. All runners will proceed south on the boardwalk to 23rd St where there will be a water station and turn around cone, after turning runners will proceed north on the boardwalk to the Music Pier finish line. Again the boardwalk will have pedestrians and bikers, please use caution. 5K runners will receive an OCNJ 5K Medal and OCNJ race gift.

**Walker etiquette:** At the starting line, runner will be in the front of the pack and walker in the back. Runners on the course will approach walkers quickly. Please be courteous; move over to the sides of the roads when runners approach and let them have the right of way and quickest way past.

All runners will pick up their boardwalk treat bag at the Music Pier after crossing the finish line. Awards will be given out at the Music Pier. You do not have to be present to win a door prize. Check the door prize award easel for your race #. Awards for the 5K will begin at 10:00am. Half Marathon awards will follow the end of race approximately 11:30 am.

### **2019 Changes:**

This year our half marathon (13.1 mi) became a **USATF-certified course**. Race will have live-tracking and will be available online at (will be sent prior) during the event. Also, we will NOT have a BIKE MS RUN OC Award - Due to Bike MS not the same weekend as OCNJ Half for 2019.

**Race Results:** link to [www.ocnj.us](http://www.ocnj.us) under recreation choose race events and the OCNJ Half Marathon, 10 Mile & 5K event.

**Photos** by Chessie Photo will be available on line at [www.chessiephoto.com](http://www.chessiephoto.com) a few days after the event.

We are lucky to have great community support! We hope you have an amazing race experience. Keep training and happy running!! Thank you for supporting Ocean City Recreation Scholarships & Programs! See you on September 29th!