30TH ANNUAL
OCNJ LABOR DAY RACE FOR HEALTH AND FITNESS

WHEN: MONDAY, SEPTEMBER 2, 2019

TIME: 9:00am

5 mile beach run (South) 23rd –46th

1 mile walk/run (North) 23rd –18th

immediately following the 5 mile run start

MAKE CHECK PAYABLE TO:
OC Recreation Trust Fund

MAIL CHECK AND ENTRY FORM TO:
O.C. AQUATIC & FITNESS CENTER
1735 Simpson Ave. Suite 1
OCEAN CITY, N.J. 08226
c/o OCNJ Labor Day Race

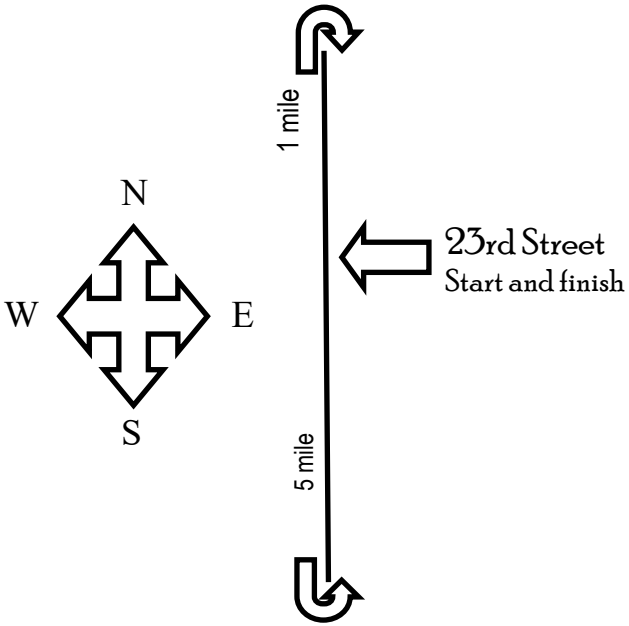
Race shirt and # pick up:
Sat 8/29 & Sun 9/1 : 10am - 4pm.
at the Aquatic & Fitness Center
1735 Simpson Ave.

Race Day pick up 7:30 - 8:30am 23rd St. Beach

ALL PARTICIPANTS MUST BE CHECKED IN BY
8:30AM AT 23RD ST & Boardwalk

COURSE:

5 Mile Beach Run and
1 Mile Health Walk/Run
will start and finish at 23rd
street beach



FOR MORE INFORMATION
CALL (609) 525-9317 OR e-mail lrumer@ocnj.us
Race /Registration: www.ocnj.us/race-events
or
https://register.communitypass.net/ocnj

AWARDS:

5 MILE BEACH RUN

Top male and female finishers will receive a two night stay at an Ocean City area hotel.

Awards to the top 3 finishers in each age group:

14 & under	35-39	60-64
15-19	40-45	65-69
20-24	45-49	70-74
25-29	50-54	75-79
30-34	55-59	80+

PARTICIPATION RIBBONS FOR THE 1 MILE HEALTH WALK/RUN

Awards ceremony, door prizes and refreshments following the races.

Special Thanks to our Sponsors!
Thomas Heist Insurance
OCFPL
OCPBA
Shirt Shack
Duncan Homes/Surfside Construction
Port– O– Call Hotel
Impala Island Inn

Name: _____ Age: ____ Gender: M or F DOB _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

E-mail _____ Shirt Size: YM / Men's or Ladies S/M/L/XL/XXL

Emergency Contact _____ Phone: _____

As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such program.

I agree to waive and relinquish all claims I may have as a result of participating in the event against the City and its officers, agents, servants and employees.

I do hereby fully release and discharge the City and its officers, agents, servants and employees from any claims from injuries, damage or loss which I may have or which may accrue to me arising out of, connected with, or in any way associated with the activities of the event.

I further agree to indemnify and hold harmless and defend the City and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me arising out of, connected with, or in any way associated with the activities of the event.

I have read and fully understand the above Event Details, Waiver and Release of all claims and permission to Secure Treatment.

Name (Please print) _____

Signature: _____ (Parent/Guardian if under 18)

Date _____

OCNJ Labor Day Race

REGISTRATION:

Pre registration: **$20.00**

8/29 - 9/6 Until 4pm: **$25.00**

Race Day: **$30.00**

Race T Shirt given to pre-registered runners

Pre registration 13 & under

And cross-country team members

$10.00

Race Day 13 & Under

And cross-country team members

$15.00

Beginning at 7:30 am

AT 23RD ST & BOARDWALK

Race shirts while supplies last

Online Registration: **No Refunds**

https://register.communitypass.net/ocnj

Proceeds Benefit:

Ocean City Recreation Scholarships And Programs

OCNJ LABOR DAY RACE

SEPTEMBER 7, 2019

9 A.M.

Ocean City, NJ

5 Mile Beach Run

1 Mile Fun Run/Walk