

OCEAN

Super Hero 1 Mile Run & Obstacle Dash

Saturday, April 4, 2020



www.ocnj.us
www.oceancitylibrary.org



Day of Registration & Check in
1 Mile: 9:00 - 9:45am
Kids Super Hero
Obstacle Dash: 10:15 - 10:45am

**Ocean City & Sports & Civic
Center**
6th & Boardwalk
Ocean City, NJ 08226

Phone: 609-399-6111
E-mail: lrumer@ocnj.us
www.ocnjcon.com



Name: _____ Age: _____ Gender: M or F Birthday _____
Address: _____ Phone: _____
City: _____ State: _____ Zip: _____
E-mail _____
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 _____

Shirt Size: _____ Youth or Adult

April 4, 2020

SUPER HERO RUN - 10:00AM

1 MILE RUN - Run Super Fast! Dress

Super Fantastic! Or stroll!

(On the OC Boardwalk)

\$15 - (Includes Race Shirt and

OC Con Show admission)

\$20 - Race Day 4/4/19

\$10 - 12 yrs & Under - (Includes OC CON

Super Hero T-Shirt and OC Con Admission)

Also includes entry to Super Hero Dash

SUPER HERO DASH - 11:00AM

Show off your Superhero skills.

Dash! Fly! Jump! To rescue every-

one from the evil villain!

(On Carey Stadium Field or in-

doors)

\$10 - 12 yrs. & Under - (Includes

OC CON Super Hero T-Shirt and

OC Con Show Admission)

Online Sign-up: www.ocnj.us/race-events

Checks made out to: OC Recreation Trust

Mail in Entry Forms to:

OC Aquatic & Fitness Center

1735 Simpson Ave

Ocean City, NJ 08226

Super Hero Stations/Obstacles

Skyscraper Jump

Fire Flame Leap

Save a Life...Pull

someone/something to safety

Sand Mountain Climb

Sewer Tunnel Crawl

Super Speed Dash (run from place to place)

Super Roll

Super Strength "Boulder" Throw

Tire Flip (using inflatable rings)

**Super Balance...run along a rope,
board, etc.**

Over/Under

Parade 4/6- At the Music Pier

Noon —12:15 PM inside the Pier

**1 Mile Run - Top 5 Male and Female
Finishers**

Age groups 13 & Over and 12 & Under

Top 5 Super Hero costumes

**Prizes: Ocean City Beach Towel & Super
Hero Mask Trophy!**

**Super Hero Dash - All participants receive a
Super Finishers Ribbon!!**



OC CON CONVENTION

Ocean City Music Pier

Saturday, 4/4 - 10AM - 5PM

Sunday, 4/5 - 10AM - 4PM

Benefits Ocean City

Recreation Scholarships

& Programs



www.ocnjcon.com