

29TH 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 8/31 & Sun 9/110am - 4pm.

at the Aquatic & Fitness Center

1735 Simpson Ave.

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

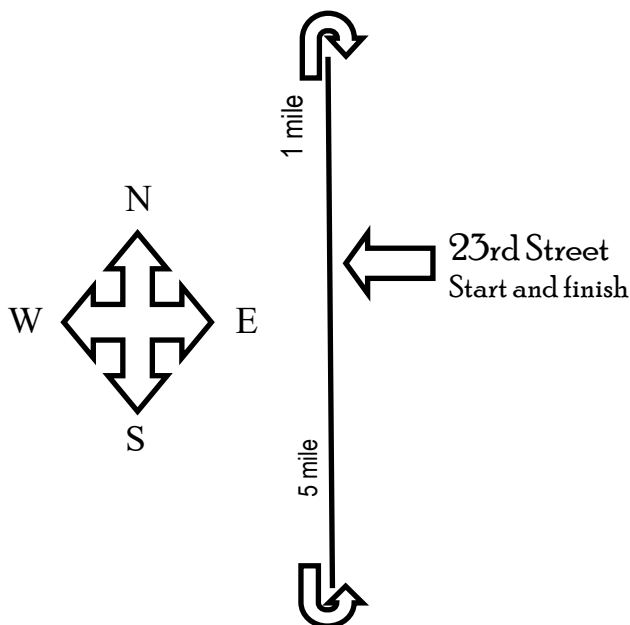
Proceed

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



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


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>



OCNJ LABOR DAY RACE



SEPTEMBER 2, 2019

9 A.M.

Ocean City, NJ

**5 Mile Beach Run
1 Mile Fun Run/Walk**



REGISTRATION:

Pre registration: **\$20.00**

8/31 - 9/1 Until 4pm: **\$25.00**

Race Day: **\$30.00**

Race T Shirt given to
pre-registered runners

Pre registration 14 & under
And cross-country team members
\$10.00

Race Day 14 & 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>

Proceed Benefit:
Ocean City Recreation Scholarships
And Programs

OCEAN CITY RECREATION

Name: _____ Age: _____ Gender: M or F DOB _____
Address: _____ Phone: _____
City: _____ State: _____
E-mail: _____ Zip: _____
Emergency Contact _____ Phone: _____
Shirt Size: YM / Men's or Ladies S/M/L/XL/XXL

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: _____

Date _____ (Parent/Guardian if under 18)