



Funded in part by a grant from the Board of Chosen Freeholders www.OceanCountyTourism.com



# PINE BEACH 5K

Sunday, June 24, 2018

Kiddie Dash 1 Mile - 8:00 AM 5K - 8:30 AM



Proceeds benefit Ocean Running Club Scholarship Fund for Local High School Students

**Custom Road Bike Raffle!! Courtesy of Beachwood Bicycles!!!**

**\*Must be present for raffle prizes**

Early packet pick-up Saturday, June 23rd from 5-7 PM at the Pine Beach Municipal Building

On Race Day 7:00 AM at Vista Park, Riverside Drive, Pine Beach, NJ 08741

**START TIME: Kiddie Dash 7:40 AM One Mile @ 8:00 AM 5K @ 8:30 AM**

Entry Fee **5K: \$25 Pre-Registration by May 25<sup>th</sup> guarantees shirt | \$30 Post-Reg. and Race Day**

**One Mile: \$15 Pre-Registration | \$20 on Race Day \*No Refunds\***

**Kiddie Dash: No Charge, No Pre-Registration needed**

**Race Day: Race shirt while supplies lasts!**

Course Fast, scenic, certified course, chip timing. Roads closed to traffic. Two water stops. Strollers permitted. No skates, blades, bikes or pets. **Non-participants are not**

**permitted on the course with runners, grounds for DQ - NO EXCEPTIONS**

Awards **5K - Top 3 overall male & female, Top 3 in 5 year age groups: 14 & under thru 80+ Special Awards - First Male and Female Pine Beach Resident & First Male and Female Ocean Running Club Member. 5K awards and refreshments will be at Vista Park**  
**One Mile - First Male & Female Overall, First Male & Female in Age Groups 3-8, 9-14 & 15+.**

Medals to all finishers immediately at finish line.

Directions GPS: 536 Hillside Avenue, Pine Beach, then follow signs to Vista Park.

Questions Website: [www.pinebeach5k.com](http://www.pinebeach5k.com) [www.oceanrunningclub.org](http://www.oceanrunningclub.org) [www.runsignup.com](http://www.runsignup.com)

Facebook page: Ocean Running Club's Pine Beach 5k & 1 Mile Run

For additional information: email [bethanie.adams@yahoo.com](mailto:bethanie.adams@yahoo.com)

## 2018 Pine Beach 5K and One Mile Run - Entry Form

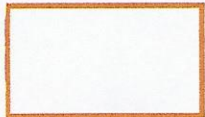
Mail form to: Ocean Running Club PB5K P.O. Box 354, Pine Beach, NJ 08741

Make check out to: **Pine Beach 5k**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Check one Event: 5K \_\_\_\_\_ One Mile \_\_\_\_\_



(Bib #)

DOB \_\_\_/\_\_\_/\_\_\_ Age on Race Day \_\_\_\_\_ **Shirt for 5K Only** Male Shirt Size S M L XL XXL | Female Shirt Size XS S M L XL

ORC Member? \_\_\_\_\_ Pine Beach Resident? \_\_\_\_\_ Email \_\_\_\_\_

Disclaimer: I know that running is a potentially hazardous activity and I should not enter and run unless I'm medically able and 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, Borough of Pine Beach, Pine Beach Volunteer Fire Dept. 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, video, and audio tape of my participation in the events for any and all purposes. By signing my name below, I certify that I have read all the items & conditions of this release and do intend to be legally bound thereby.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(or Parent if runner is under 18)