

OCEAN RUNNING CLUB

Presents the

PINE BEACH 5K

Sunday, June 26, 2016

1 Mile – 8:00 AM 5K – 8:30 AM

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

Custom Road Bike! Courtesy of Beachwood Bicycles!!

Early packet pick-up Saturday, June 25th 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 One Mile @ 8:00 AM 5K @ 8:30 AM

Entry Fee **5K** \$25 Pre-Registration by May 29th guarantees shirt \$30 Post-Reg. and Race Day
One Mile \$ 15 Pre-Registration guarantees race bag \$20 Race day registration
Race shirt and bag only while supply lasts!

Course Fast, scenic, certified course, chip timing. Roads closed to traffic. Two water stops.
No skates, blades, bikes or pets. No Refunds for any reason.

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
Racewalker – Top 3 Male and Female

Directions **One Mile** – Top 3 Male and Female, medals to all finishers immediately at finish line
GPS: 536 Hillside Avenue, Pine Beach, then follow signs to Vista Park.

Questions Web site: www.raceforum.com/pb5k, www.oceanrunningclub.org, www.jsrc.org or
www.pinebeach5k.com Additional information: call 732-341-0838

2016 Pine Beach 5K and One Mile Run – Entry Form

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

First Name _____ Last Name _____ M _____ F _____

Address _____ City _____ State _____ Zip _____

Phone _____ Check one Event: 5K _____ One Mile _____ Walker _____

(Bib #)

DOB _____ Age on Race Day _____ 5K Shirt Only: Male Shirt Size S M L XL Female Shirt Size XS S M L

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)