



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

Presents the PINE BEACH 5K

Sunday, June 25, 2017

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 24th 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 on Race Day \*No Refunds\*

Race Day: Race shirt and bag only while supplies lasts!

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

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 and 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 www.oceanrunningclub.org www.runsignup.com

Facebook page: Ocean Running Club's Pine Beach5k & 1 Mile Run

For additional information: email Bethanie.adams@yahoo.com

2017 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

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)