

Welcome to the 6th Annual Ocean City, MD Half Marathon/5K Event

Presented by:



Welcome to the sixth annual Ocean City, MD Half Marathon/5 K race. No major changes to this year's event. The race organizers goals are to provide the most enjoyable, scenic courses while maintaining safety as a top priority. The event will take place rain or shine. OC TriRunning Sports reserves the right to cancel or postpone event if climate conditions are at extremes. No refund will be given in this case. Any returned checks will be charged a minimum of \$20.00. Any confrontation to staff, medical, volunteers or other such personnel will not be tolerated and may result in legal actions. This course will be well marked, coned and/or barricaded, but you will still be running on public roads so use extreme caution and pay attention to traffic. It is your responsibility to read and understand all event information that will be given to you. Make sure you understand all safety information. Waivers must be signed before participating in this event. Half Marathon and 5K races will both start at Ocean City Inlet Parking lot. Half Marathon Event will go off first at 7:00am est. followed by the 5K at 7:30 am EST. There is a 3 hr 15 min time limit on the Half Marathon race, walkers are welcome but anyone who cannot cross finish line within the allotted time will not receive an official time and will be on the course at their own risk.

EVENT ACTIVITIES

- Half Marathon race
- 5 K race
- Post race activities
- Food and Beverages
- Awards ceremony

EVENT SPONSORS



EVENT REGISTRATION FEES

RACE CATEGORY	BEST PRICE	PACKET PICKUP
Half Marathon	\$60.00	\$75.00
5K	\$25.00	\$40.00

OC TriRunning Sports will not increase the price of your registration unless you decide to register at packet pickup, which will assess a \$15 fee during that time.

EVENT REGISTRATION / CONFIRMATION

All registration applications must be filled out online. Credit card registrations will be processed immediately. If choosing to pay by check or money order, simply fill out the online registration application and mail your check or money order to:

OC TriRunning Sports
P.O. Box 1642
Berlin, MD 21811

If you choose to mail in your registration, it will not be complete until we have received your check and processed it, usually takes about 7-10 days from the day mailed out.

You can check for registration confirmation online through our website or going directly to www.active.com. We are accepting registrations at packet pickup locations on Friday, April 23rd for an additional \$15 fee.

“Day of Registrations” FOR 5K ONLY



EVENT TIMELINE

WEDNESDAY APRIL 21, 2010

2:59am All online registration closes.

FRIDAY APRIL 23, 2010

11:00am - 9:00pm Race packet pickup and registration located at Ocean City Factory Outlet.

SATURDAY APRIL 24, 2010

5:30am Ocean City Inlet opens for runners and spectators.

5:30am – 6:30am 5K Registration open.

Last minute packet pickup at inlet parking lot race starting area.

Bag check at inlet parking lot race starting area.

6:50am Half Marathon runners line up in starting corral for Nat'l Anthem. Please be on time!

7:00am Half Marathon race starts.

7:20am 5K runners line up in starting corral.

7:30am 5K race starts.

8:30am 5K race clock stops.

8:50am First bus leaves half marathon race finish area (Assateague Island State Park) for post race party. **9:00am** Post Race Party begins.

9:30am 5K awards ceremony starts at post race party.

10:15am Half Marathon race clock stops.

10:20am Last bus leaves half marathon finish area for post race party.

10:30am Half Marathon awards ceremony begins.

2:00pm Post race party closes.

HALF MARATHON COURSE MAP



HALF MARATHON COURSE DESCRIPTION

This year's Half Marathon races will again start at the OC inlet parking lot. It will wrap around the parking lot, then take you up to the Famous OC Boardwalk where the first half mile of the race will take place. This is a fantastic area for runners and spectators. From there runners will take a left turn on N. Division St. under the Boardwalk Arch, across Baltimore and Philadelphia Ave., by the White Marlin fountain, onto and over the Rt. 50 bridge. Runners proceed about 1 mile, making a left off of Rt. 50 into the Park and Ride lot (approx. mile 2). This is another good spot for runners and spectators. We will have music and fluid station #1 inside the park and ride, a nice stretch through the park and ride, making a right turn on Shantytown La. Shantytown La. will take runners to a right turn on Old Bridge rd. leading them to rt. 611(Stephen Decatur Rd.), making a left onto 611, then turning right on Whispering Woods Dr. into Whispering Woods Neighborhood. Runners will go about 1.25 miles around the neighborhood then coming back out, turning right onto 611 (approx. mile3) where they will have fluid station #2. From here, like last year, runners will pick up Sinepuxent Rd. (right turn off 611), going down about 2 miles on Sinepuxent Rd. to make a left onto Lewis Rd. At this corner runners will be at about 6.5 miles into the race and here they will find fluid station #3. Lewis Rd will take the runners back out to 611 (approx. mile 8). Making the right onto 611 runners will immediately find Buck's Place, fluid station #4, some good music and minimal parking for spectators. From here, all the way to Assateague Is. the course will stay on 611. Fluid station #5 will be at the Assateague Market and fluid station #6 will be slightly before crossing Verrazano Pedestrian bridge (approx. mile 11.5). Once onto Assateague Is. all runners will continue on 611 to the end, then making a right turn into the State Park where they will have a chance for one last sprint to the Finish Line!!

Congratulations! Now enjoy your achievement, medal, music and some refreshments before heading back to the Awesome Post Race Party!!!

5K COURSE DESCRIPTION

This year's 5K event will start at 7:30am at the same location as half marathon. It will follow the course as half marathon but instead of turning off boardwalk, runners will continue heading north on boardwalk, make a turnaround at designated spot, then head back to inlet parking to the finish line. After race all runners, family members and friends are welcome to attend the awards ceremony and post race festivities at the Francis Scott Key Motel.

Congratulations! Now head to get juiced back up at the Post Race Party!!!

5K COURSE MAP



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RACE PACKET PICKUP

Packet pick-up will be held on Friday, April 23rd at the Ocean City Factory Outlet stores located on the corner of westbound Rt. 50 and Golf Course Road just 1 mile from the Ocean City Boardwalk. Look for the Big Dogs store located between SuperFresh and Maggie Moo's. The outlets have plenty of shopping and restaurants to choose from. Then again on Saturday, race morning at the race starting area located at the Ocean City inlet parking lot.

Race Packet Pick-Up Schedule	
Friday, April 23	Saturday (race day), April 24
11:00am - 9:00pm	5:30am – 6:30am

YOU MUST PICK UP YOUR OWN PACKET. Please do not send someone to pick up your packet for you. If you cannot make the Friday pickup then simply arrive early Saturday morning! There have been major complications in the past with runners receiving wrong packets due to family members and friends picking up their packets for them. Our goal is to provide the best event while accommodating participants as best we can. In order for us to accomplish this, certain rules must be applied and followed. Please keep this in mind when planning your event schedule.

TAG TIMING SYSTEM

Timing will be done using the latest IPICO "tag" style system. These "are not" the disposable tags and still must be returned on race day immediately after race completion. Event staff will be located at finish chute to collect your tag, do not forget and wonder off without returning it. There will be a \$25.00 charge for anyone who does not return their tag, sorry, no exceptions.

This can be avoided simply by doing the following:

- Make sure to have your tag on race day at the start of your race, No tag, No time!
- Place your tag in the proper body placement (usually shoe lace).
- Do not trade your tag with another participant.
- Do not cross the Start/Finish line twice.

Any questions regarding the new Tag timing operating system please contact OC TriRunning Sports at: info@octrirunning.com

RACE BIBS

Your race number must be securely fastened to the front of your body at the start and all during your race. Make sure your number is clearly displayed. Our course marshals and photographers will need this number to identify you. Your race bib number is also your ticket to any complimentary post race participant festivities so do not remove, trade or tare your bib once your race is over

RUNNERS GEAR CHECK

Bag Check will be available for Half Marathon runners at the start area inside Police station above the public restroom facilities. All participating athletes can check in their garment bags and claim them after event. Your gear will be placed in a plastic bag which you will write your bib# on. Bags will be transported to the finish area at Assateague Island State Park.

IMPORTANT: Your claim ticket will be your race bib (not just your bib#) so please do not discard your bib before claiming your bag. Gear check is there for your convenience but OC TriRunning Sports does not accept responsibility for any items lost, stolen, damaged or otherwise. Please consider this when planning your race day schedule.

EVENT DIRECTIONS

Directions from Baltimore area:

- Once on I695 (Baltimore beltway) head south to I97 south.
- I97 south to US50 east, cross Bay Bridge, stay on US50 east.
- US50 east will take you directly into Ocean City.
- Friday race packet pickup at the Ocean City Factory Outlets is on US50 westbound approx. 1.5 miles before Ocean City limits.

Directions from Dover area:

- Once on US113 head south into Maryland, continue to US50 east.
- US50 east will take you directly into Ocean City.
- Friday race packet pickup at the Ocean City Factory Outlets is on US50 westbound approx. 1.5 miles before Ocean City limits.

Directions from Washington DC area:

- Once on I495 (Capitol beltway) head to US50 east.
- US50 east will take you directly into Ocean City.
- Friday race packet pickup at the Ocean City Factory Outlets is on US50 westbound approx. 1.5 miles before Ocean City limits.

Directions from Richmond/Norfolk/Virginia Beach area:

- Take I264 to I64 east
- I64 east to US13 north, through Chesapeake Bay Bridge Tunnel, proceed into Maryland.
- Once in Maryland, merge onto US113 north to US50 east.
- US50 east will take you directly into Ocean City.
- Friday race packet pickup at the Ocean City Factory Outlets is on US50 westbound approx. 1.5 miles before Ocean City limits.

Directions from New York/Philadelphia area:

- Once on I95 south take Rt. 1 south toward Delaware beaches.
- Rt. 1 and US113 merge, stay on US113 south to US50 east.
- US50 east will take you directly into Ocean City.
- Friday race packet pickup at the Ocean City Factory Outlets is on US50 westbound approx. 1.5 miles before Ocean City limits.

PARKING OPTIONS AND BUS SCHEDULE

Buses will be provided from the finish area for all Half Marathon finishers to the post race party located at the Francis Scott Key Motel. Your parking options are as follows:

Option 1: Park at Rt. 50 east park and ride which is located next to the post race party (Francis Scott Key Motel) and do a pre race warm up jog to race start Saturday morning (about 2 miles). Remember race starts 7:00am sharp

Option 2: Park at Ocean City inlet parking located at race starting area and do a post race cool down stroll from post race party (Francis Scott Key Motel) back to the inlet start (about 2 miles).

Option 3: Park at Assateague Island State park (Half Marathon Finish area) then find transportation to the starting area at the OC inlet parking lot. Remember race starts 7:00am sharp and there is a \$3.00 fee to park inside Assateague State Park.

Note: Francis Scott Key Motel will provide a shuttle service to starting area for runners that stay at their motel.

Buses will be provided for Half Marathon finishers at the Assateague Island State Park finish area only. They will transport all finishers to the Francis Scott Key Motel post race party and will run approx. every 20 min.

HOTEL ACCOMODATIONS

Francis Scott Key

FAMILY RESORT

OCEAN CITY, MD

Francis Scott Key Motel

12806 Ocean Gateway Ocean City, MD 21842

www.fskmotel.com

Other hotel accommodations go to: www.ocvisitor.com or call: 800-626-2326

CAMPING

www.assateagueisland.com



PROHIBITED ITEMS

The following items are **not** allowed on any course (unless noted) for any reason. Please understand this is for your safety as well as others on the course(s) with you and to provide you with the best possible race.

- no in-line skates or roller blades
- no bicycles
- no pets of any kind
- no baby joggers (acceptable on 5k course)
- no wheelchairs, we regret not to have a wheelchair category. Safety issues are present with this course. We have been working with the city's special events committee trying to manage a course that may allow for a more suitable design and better safety regulations.

Anyone found in violation will be disqualified and removed from the course(s) immediately.

BONKING OUT

Also known as **“Hitting the Wall”**

If you cannot finish the race, please head to the nearest medical tent or fluid station for assistance. Let them know you are not able to finish. Once the last runner has come through they will call for a sag vehicle to transport you back to the Start/Finish area. As soon as you return, you will need to remove your chip and hand it to a volunteer or staff member.

MEDICAL ASSISTANCE

Medical assistance will be available at the Half Marathon Finish area, and key locations along the course. To help aid our medical personnel please fill out any medical history on the back of your race bib. Medical staff can withdraw any participant who they feel is at risk of personal health hazard or safety.

PHOTOGRAPHY

Photos will be available after the event. Photographer to be announced.

AWARDS CATEGORIES

Half Marathon and 5K race awards will go as follows:

- ❖ 1st 2nd 3rd place overall male
- ❖ 1st 2nd 3rd place overall female
- ❖ 1st 2nd 3rd place age group male
- ❖ 1st 2nd 3rd place age group female

Age groups are:

Under 20 * 20 – 29 * 30 - 39 * 40 – 49 * 50 - 59 * 60 - 69 * 70 +

POST RACE PARTY

Post Race Festivities will be held at Francis Scott Key Motel. We will have use of their indoor pool area, outdoor pavilion area where we will hopefully have vending space rented. There will be plenty of refreshments which will include food, beer, sodas, etc. All runners, volunteers, vendors, medical personnel, and safety personnel will have free admission into the area. All family members and friends are required to give a \$5.00 admission fee which will benefit Greater Ocean City Chapter of the United States Lifesaving Assoc., and the Friends of Assateague State Park (FOASP).

THINGS NOT TO FORGET

- running shoes (obviously)
- picture ID
- \$\$\$ extra cash
- water, energy, gels, power bars, etc.
- change of clothes
- bathing suit (indoor/outdoor pool at post race party)
- towel
- race bib (get it at packet pickup)
- timing chip (get it at packet pickup)
- a copy of this “runners packet”

REFUND / TRANSFER POLICY

Entry fees are non-refundable and non-transferable for this year's event, no exceptions. Once we have received your registrations form and have processed all information all entries are final. If for whatever reason you are not able to participate after registering, we can ship your race T-shirt and race bag to you at the address given. Please send a written request with your name and your items will be sent after the event.