

SEASIDE 10 MILER / 5K REGISTRATION

EVENT (check box):	FEES: standard till Oct 01	late entry till Oct 26
<input type="checkbox"/> Seaside 10 Miler	\$45.00	\$55.00
<input type="checkbox"/> Seaside 10 5K	\$28.00	\$35.00

Make checks payable and mail to: **OC Tri-Running Sports Inc., P.O. Box 1642 Berlin, MD 21811**

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone _____ Race Day Age _____ Date of Birth _____

Email _____

Shirts are gender specific, women sizes tend to run small. Please consider this when choosing your size.

(circle) **SHIRT SIZE:** SM M LG XL XXL (circle) **GENDER:** M F

UNCONDITIONAL RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (AAGREEMENT@) In consideration for being permitted to participate in any way in any and/or all events(AACTIVITY@) on designated date(s), events owned by OC Tri-Running, Inc., I, one participating in this event for myself, my personal representatives, assign heirs and next of kin: (1) **ACKNOWLEDGE**, agree and represent that I understand the nature of road running, cycling, swimming, etc. and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of open businesses, marinas, and parks activities are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity; (2) **FULLY UNDERSTAND** that (a) **ROAD RUNNING, CYCLING, SWIMMING, ETC. ACTIVITIES INVOLVE RISKS and DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (ARISKS@)**; (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of other participants in the Activity, the condition in which the Activity takes place and/or **THE NEGLIGENCE OF THE ARELEASEE@ NAMED BELOW**; (c) there maybe **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation in the Activity; (4) **HEREBY RELEASE DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS.** OC Tri-Running, its administrators, officers, directors, shareholders, volunteers, staff, agents and employees; other participants; and any other sponsors, advertisers and, if applicable, owners, lessors and/or lessees of any premises on which the Activity takes place (each considered the **ARELEASEES@** herein) **FROM ALL LIABILITY, CLAIMS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE ARELEASEES@ OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS.**

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature, and intend it to be complete and unconditional release of all liability to the greatest extent allowed by law, and further agree that if any portion of this agreement is held to be invalid that the balance, shall continue in full force and effect.

Participant Signature / Guardian signature if under 18 years of age _____ date _____

Emergency contact person _____ phone _____



Please read and fill out all information on the registration form.

Check box if you wish to opt off mailing list.

Check out other events at:

www.octrirunning.com

WHERE:
Ocean City, MD inlet parking lot.
South 2nd St. Ocean City, MD 21842

WHEN:
Saturday, October 29, 2016 at 9:00am

NOTE:
Shirts are long sleeve, tech material, gender specific and tend to run small with women sizes. Shirts are only guaranteed for registrations before October 16th, 2016.

Presented by:



EVENT REGISTRATION / CONFIRMATION

You can register online by using the "REGISTER ONLINE!" link from our website. If you choose to mail in your registration please print and use the entry form provided with this brochure.

Fill out the form in its entirety and mail your check or money order to:

OC Tri-Running Sports Inc.

P.O. Box 1642

Berlin, MD 21811

If choosing the check/money order option your registration will not be complete until we have received your check and processed it, usually takes about 2 weeks from the day mailed out. Online registrations are processed immediately.

We are accepting "day of registrations" for this event.

RACE PACKET PICKUP

Packet pick-up will be held at Holiday Inn on 17th St. and Boardwalk, Ocean City, MD on:

Friday, October 28 3:00pm – 8:00pm.

Then again at the OC inlet parking lot starting area:

Saturday, October 29 7:00am – 8:00am.

We will be accepting registrations during this time.

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 at the starting area to pick up packet there.

CHIP TIMING

This year's event will be timed by Bib Tag style computer timing. You will receive your race bib with an orange sensor attached to the back. These sensors are permanently attached and do not need to be returned, they are yours to keep. Do not fold or bend your bib as this may destroy the timing sensor. Please read the following:

**Make sure to have your bib attached to your race shirt on race day. No bib, No time!*

**Do not trade your chip with another participant.*

**Do not cross the Start/Finish line twice.*

SCHEDULE

Tuesday, October 25

11:59pm: Online registration closes.

Friday, October 28

3:00pm - 8:00pm: Race Packet pickup at Holiday Inn on 17th St. (location subject to change)

Saturday, October 29

7:00am - 8:30am: Last minute registration and packet pickup opens at inlet parking lot.

8:50am: Nat'l Anthem, 10 Milers line up in start corral.

9:00am: 10 Mile race starts. Please be on time!!

9:05am: 5K runners line up in starting corral.

9:15am: 5K race starts. Please be on time!!

10:30am: 5K race clock stops.

11:00am: 5K awards ceremony begins.

11:30am: 10 Mile race clock stops.

AWARDS AND AGE GROUPS

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

"Best Costume" award

Age groups are as follows:

Under 15 * 15 - 19 * 20 – 29 * 30 – 39 *

40 – 49 * 50 – 59 * 60 – 69 * 70+

You must be a registered participant to qualify for Best Costume award.

Awards ceremony will be held at Start/Finish area inside parking lot. Awards categories are for both races. Awards will not be mailed out. If you place please stick around for awards ceremony to get your award. No Exceptions!!

HOTEL ACCOMMODATIONS

www.ocmdhotels.com 800-638-2106

Campsites are available at Assateague Park

www.assateagueisland.com

PARKING

Parking will be available at the start/Finish area of the race in the OC inlet parking lot located at South 2nd street, Ocean City, MD 21842. This is the off season so parking is free! Once lot is full parking will be limited to alley parking where ever available.

REMEMBER TO BRING

*Picture ID

*Water, gels, power bars, etc.

*Change of clothing

*Halloween Costume (optional)

*Towel

*Race bib w/timing sensor (receive at packet pickup)

*All your family and friends!

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 bib comes with an orange timing sensor on back, do not remove, bend, or fold. These tags are collected once you cross finish line. Race bibs are also your ticket to any complimentary post race participant festivities so do not remove, trade or tare your bib once your race is over.

FLUID STATIONS

There will be four fluid stations with water and energy drinks on the 10 mile course. Please review course map for exact locations.

REFUND/TRANSFER POLICY

Entry fees are non-refundable and non-transferable for mail in entries, no exceptions. Once we have received your registration form and have processed all information all entries are final.

PROHIBITED ITEMS ON COURSES

The following items are not allowed on any course for any reason. These rules exist for your safety as well as others on the course(s).

**no in-line skates or roller blades.*

**no pets of any kind.*

**no strollers. Baby joggers allowed on 5K course only.*

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

Visit www.octrirunning.com for any questions.