

# BEACH LACROSSE 5K

**Race fee: \$20.00**  
(Day of race: \$30.00)

Make checks payable and mail to: **Beach Lacrosse P.O. Box 151 Ocean City, MD 21843**

First Name										Last Name									
Mailing Address																			
City										State					Zip Code				
Phone					Race Day Age					Date of Birth									
Email																			

**Shirt size:** SM M LG XL XXL Youth LG **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 may be **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 NEGLIGENT 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 \_\_\_\_\_



## The Beach Lacrosse 5K

Run thru historic Berlin, MD and America's Coolest small town!

May 13<sup>th</sup> 2017 race start at 8:30am  
Worcester County Fields  
Buckingham Ln., Berlin, MD 21811

Please read and fill out all information. Register before May 1<sup>st</sup> to be guaranteed any event give a ways.

Check box if you wish to opt out of our mailing list.

Check out other events at:  
[www.octrirunning.com](http://www.octrirunning.com)



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## **EVENT REGISTRATION / CONFIRMATION**

Online registration is available via OC Tri-Running website. Use the "ONLINE REGISTRATION" link from our website. If you choose to mail in your registration please print entry form provided with this info packet.

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

**OC Tri-Running Sports Inc.**

**P.O. Box 1642**

**Berlin, MD 21811**

It will take approximately 7-10 days from post mark date to process your registration. Online registrations are processed immediately.

We will be accepting registrations on the morning of the event at Worcester County Fields, but we **cannot** guarantee you an event shirt or any other give a ways if you choose to wait to register.

## **RACE FEES**

Standard fee: \$20.00

Race Day fee: \$30.00

## **RACE PACKET PICKUP**

Packet pickup time and location:

- Saturday, May 13<sup>th</sup> race day 7:00am – 8:20am
- Location: Worcester Co. Fields, Buckingham Lane., Berlin, MD 21811

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## **AGE GROUPS AND AWARDS**

awards are:

- 1<sup>st</sup> place overall male and female.
- 1<sup>st</sup> place Masters (40+) male and female.
- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> place in age group categories.

age group are:

9 and under \* 10 – 14 \* 15 – 19 \* 20 – 29 \*  
30 – 39 \* 40 – 49 \* 50 – 59 \* 60 – 69 \* 70+

## **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 a perforated bottom tag, do not remove this tag! These tags are collected once you cross finish line. The tags assist us with recording your time. Your race bib number is also your ticket to any post race participant festivities so do not remove, trade or tare your bib once your race is over.

## **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). Help us provide you with the best race possible.

- no in-line skates or roller blades.
- no pets of any kind.
- no strollers but baby joggers are acceptable.

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

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## **BIB TAG TIMING**

This year's event will be timed by bib tag style computer timing. You will receive your race bib at packet pickup with a timing tag attached to the back. This tag is not removable and is your to keep with your race bib. Your race bib should firmly pinned to the front of your shirt using the pin holes located at the corners of your bib, please be care not to pin the timing tag. To assure you receive a race time be sure to do the following:

- *Make sure to have an orange tag on the back of your race bib, No tag, No time!*
- *Place your race bib on the front of your shirt.*
- *Do not trade your race bib with another participant.*
- *Do not cross Start line prior to race start.*
- *Do not cross finish line twice.*

## **REFUND AND 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



[www.octrirunning.com](http://www.octrirunning.com)