

# LIVE LIFE LIKE ROB (LLLR) 5K RUN / 1 MILE FUN RUN-WALK

## Registration fee:

**5K: \$25.00** (\$30 day of)      **1 Mile: free**



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					Age					Date of Birth									
Email																			

Please circle one in each category below. Shirts for this race are unisex.

**Shirt size:** SM M LG XL XXL

**Gender:** M F

### WHERE:

Ocean City, MD inlet  
100 S. 2<sup>nd</sup> Street, Ocean City, MD 21842

### WHEN:

Saturday, October 15, 2016 at 9:00am

### WHAT:

5K run, 1 Mile fun run/walk on Ocean City, MD famous boardwalk

**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 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 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.

Please read and fill out all information.  
Register before Oct 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)

Participant Signature / Guardian signature if under 18 years of age

date

Emergency contact person

phone



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

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## EVENT REGISTRATION / CONFIRMATION

Online registration is available on 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 at packet pickup and on the morning of the event unless the maximum race capacity of 1,000 participants is met.

## BIB TAG TIMING

This year's event will be timed by bib tag style computer timing. You will receive your runners race bib and on the back of the bib there will be an orange square tag time sensor. Do not pin thru this sensor or fold your bib, this will damage the sensor and result in no race time. These timing sensors are permanently attached and are yours to keep with your race bib. In order to assure proper timing please review the following:

- *Make sure to attach your bib on the front of your shirt on race day at the start of your race, No bib, No time!*
- *Do not trade your bib with another participant, it is uniquely programmed to your information.*
- *Do not cross Start line prior to race start.*
- *Do not cross finish line twice.*

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## RACE FEES

5K Registration fee: \$25.00  
1 Mile Registration fee: FREE

## RACEDAY PACKET PICKUP

Packet pickup time and location:

- Race starting area at inlet parking lot from 8:00 – 8:45am.

## AWARDS

- Top male overall
- Top female overall
- Top two male and female in the following age groups:
  - 14 and under
  - 15-19
  - 20-29
  - 30-39
  - 40-49
  - 50-59
  - 60 and over

## PARKING

Plenty of free parking inside the inlet parking lot. Some limited side street parking also.

## 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 come 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.

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## HOTEL AND CAMPING ACCOMMODATIONS

Go to [www.ocvisitor.com](http://www.ocvisitor.com) or call: 1-800-626-2326 for hotel information

## 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.

## 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)

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