

DISTANCE: ONE MILE

Races will Start on Asbury Avenue at 5th Street and Finish on Asbury Avenue just beyond 14th Street.

RACE TIME: First race will go off at 6:00 P.M. Number pick-up and race day registration begins at 4:30 PM in the parking lot at 5th Street and Asbury Avenue.

DIVISIONS: Races will be run as follows:

- 6:00 Elite Men and Women (5:59 mile pace and faster for Men, 6:30 mile pace and faster for Women)
- 6:01 Open Men/ Women and Santa Scamper* (6:00 mile pace and slower for Men, 6:31 and mile pace and slower for Women)
- 6:02 Kids Race (12 years and under, 5th Street to 9th Street, No registration or fee, no times....just for fun!)

Please enter a race based on what you know can run, not what you want to or wish you could run.

*Santa Scamper (Open to anyone festive enough to run/finish the race dressed in Christmas attire (i.e. as Santa, Mrs. Santa, an Elf or a Reindeer or a reasonable/acceptable facsimile thereof.) Prizes will be given to the three best costumes.

FEE: \$20.00 for pre-registration received by 12/17/14 (includes shirt)
\$25.00 for race day registration (includes shirt, while they last.)
Please make checks payable to: Ocean City Track and Field Boosters

Directions /Parking: Enter Ocean City from the 9th Street Bridge (RT 52). Turn left at the second light (West Avenue). Proceed to 6th Street. There is a parking lot on the right just past the Firehouse. Parking is also available on the streets.

AWARDS: Awards will be given out at +/- 6:30 in the Park on the corner of 9th Street and Asbury Avenue, across from City Hall, to 1st, 2nd and 3rd place finishers in each category: (Elite Men, Elite Women, Open Men, Open Women)

You are only eligible for an award in the race you are entered. All runners are eligible for door prizes. All participants must be present & have their race bibs to be eligible for prizes.

Please! No pets, strollers, bicycles, roller blades, skateboards, skis or sleighs will be permitted!

Mail or Deliver Entries To:	OC Holiday Dash	Questions?
	337 West Avenue	609-398-8277
	Ocean City, NJ 08226	

ENTRY FORM (Only one runner per entry ~ form must be filled out completely!) Detach below and return with check

NAME (print)_____

E-Mail ADDRESS_____ **PHONE:**_____

RACE: (Please check one) Open Men____, Open Women____, Elite Men____, Elite Women____,

I understand that running can be a grueling and potentially dangerous activity and that I am taking a risk for which only I am responsible for the consequences. By my signature below, I indicate that I will not hold anyone, including but not limited to the following; the Ocean City Track Boosters, the City of Ocean City, The Ocean City Chamber of Commerce, the Ocean City Downtown Merchants Association or anyone else involved in the organization or sponsorship of this event, liable for any injury(s) I may incur before, during, or after, as a result of this Race.

Signature (Guardian if under age 18)

Date