

12th ANNUAL OCNJ HALF MARATHON, 5K RUN & NON-COMPETITIVE 10 MILER

Attention all Runners!

We are thrilled you have registered for the OCNJ ½ Marathon, 5K Run or the non-competitive 10 mile walk/run. We are committed to making this a truly unique "America's Greatest Family Resort" Event! We want to take this opportunity to answer a few questions you may have and update you on important news. As mentioned earlier, we are trying to make this event unique to Ocean City. So while running, look out for local "celebrities" Ocean City's Martin Mollusk, and the OCHS Red Raider mascot.

PACKET PICKUP

Early race packet pick-up (strongly encouraged).

Friday, 9/30 12pm – 6pm Saturday, 10/1 10am – 6pm.

Ocean City Community Center

1735 Simpson Avenue. Ocean City, NJ 08226

Packet pick-up Race Day

Sunday 10/2 6:30AM - 8:00AM

Ocean City Music Pier.

825 Boardwalk. Ocean City, NJ 08226

RACE TRACKING

The 2022 OCNJ Half Marathon, 10 Mile \$ 5K Live Results.

Results: https://track.rtrt.me/e/DMP-OCNJHALF-2022

Download the <u>RTRT.me</u> Mobile App at https://rtrt.me/ulink/_RT/DMP-OCNJHALF-2022 and select the 2022 OCNJ Half Marathon event. Participants, Family & Friends can all use Live Results to share in the excitement. On race day, spectators can get the status of participants in real-time using the Live Tracker & Leaderboard. Details such as time, pace, position on the map, and estimated finish will be instantly available!

The half marathon (13.1 mi) is **USATF-certified course**. Certification # NJ 19029LMB Race.

COURSE - RACE MAP CLICK HERE

When looking at the map, you will find the starting line on 9th Street and the boardwalk, which is near the historic Music Pier. The race will end on the boardwalk at the music pier. (After finishing, runners (ONLY) will refuel and re-hydrate with Ocean City boardwalk treats.) Take note the boardwalk is open to pedestrians,

surreys, bikers and beach goers. You will be using a roped runner's lane on boards until you approach the finish line! Inside the Music Pier will host the award presentations, bag check.

Half Marathon – RACE MAP CLICK HERE

8:15 Line up

Base of the boardwalk off 9th Street.

Race start is 8:30am.

Portions of the race are closed to traffic. Sections of the race will not be closed. The entire race will be run on the right hand side of the road with the exception of the Longport Bridge, which will be run on the left hand side out and back until you are back on the Ocean City side. There is plenty of traffic control and volunteers along the course. The boardwalk will not be closed to pedestrians. There will be lead event staff (Ocean City Police Department) and a sag wagon. There are seven (7) water stations, three (3) of which, you will come to twice. There are 10 opportunities for water. Water stations will have water and a sports drink. Hammer Gels will be available at water station #4 & #6.

Water Stations are located: (See Posted Map)

(#1) .5 mile mark

(#2) 2 mile mark

(#3) 3.5 mile mark

(#2) again 4.5 mile mark

(#4) 6 mile mark before entering boardwalk

(#5) 7.5 miles on the boardwalk after passing the music pier

(#6) is 8.5 at the end of the boardwalk beginning of returning to the street

(#7) close to the 10 mile mark close to the last turn around

(#6) again 11.5 & return back on to the boardwalk

(#5) again before you finish. Then see you at the finish line!!

Please note that all participants must maintain a **15 minute per mile pace** throughout the course. You must be in front of the 16 min mile Golf Cart at the 10 mile turn around in order to continue off the boardwalk for the other 3 miles.

All Half Marathon Finishers will receive an OCNJ Half Marathon finisher's medal.

10 Mile – <u>10 Mile Map</u>

8:15 Line up

Base of the boardwalk off 9th Street.

Race start is 8:30am.

The 10 mile participants will start at 9th Street at 8:30am. The course is the same as the Half Marathon until the 8.5 mile mark at 23rd St (turnaround at the end of the boardwalk). Water stations are the same as Half Marathon. Then you will turn back to return to the finish line at the Music Pier. 10 milers will receive an OCNJ 10 Mile medal.

5K Walk/Run – 5K Map

8:30 Line up

Boardwalk at 9th Street.

Race start is 8:35am.

Race start is 8:35 am. We will begin to line up runners at 9th St. on the boardwalk immediately following the Half Marathon race start. All runners will proceed south on the boardwalk to 23rd St where there will be a water station and turn around cone. After turning runners will proceed north on the boardwalk to the Music Pier finish line. Again the boardwalk will have pedestrians and bikers, please use caution. 5K runners will receive an OCNJ 5K Medal.

Walker etiquette: At the starting line, runners will be in the front of the pack and walkers in the back. Runners on the course will approach walkers quickly. Please be courteous; move over to the side of the road when runners approach and let them have the right of way and quickest way past.

All runners will pick up their boardwalk treat bag at the Music Pier after crossing the finish line. Awards will be given out at the Music Pier. You do not have to be present to win a door prize. Check the door prize award easel for your race #. Awards for the 5K will begin at 10:00am. Half Marathon awards will follow the end of race approximately 11:30 am. **Photos** by Chessie Photo will be available on line at www.chessiephoto.com a few days after the event.

We are lucky to have great community support! We hope you have an amazing race experience. Keep training and happy running!! Thank you for supporting Ocean City Recreation Scholarships & Programs! See you on October 2nd!

