



OCTOBER
28, 2023

RUNNER HANDBOOK

INAUGURAL YEAR

Welcome to the inaugural running of the Ocean City Running Festival. On behalf of the entire Corrigan Sports staff, we thank you for your deciding to join us at this year's event. We are thrilled that you will be part of this awesome race and can't wait to host you and your cheering section on race day.

An inaugural event is special for everyone. Being one of the first to run a new race is a badge of honor that you can carry for a lifetime. It is also exciting for us as race organizers and for the public servants and citizens of Ocean City. It also comes with challenges that we are ready to take head on! We are almost assured that things won't run perfect. But we are equally confident that we will put our best foot forward and learn from any mistakes that do occur and improve upon them in subsequent years. We can't wait to get things started after more than a year's worth of planning!

The lineup of races ensures that there is a race distance for participants of every ability! So drag your friends and family off the couch to join you! We are excited to share with you details surrounding the course logistics that you should learn about in this handbook.

This handbook also includes important information that will prepare you for the events and activities surrounding race day. If you have entered the Full Marathon, the Half-Marathon, the 8K or the 5K **it is extremely important that you thoroughly read all of the information in this booklet carefully.**

We will be sending all runners an QR Code email on Thursday, October 26 by 3pm. Race bibs and timing chips will only be available for pick-up at Ocean City, Maryland's Roland E. Powell Convention Center. The Ocean City RunFest packet pick up will be held on Friday, Oct. 27 from 3pm - 9pm, Here is where you will claim your race materials including your race bib number and your race premium. There will be free parking available in the Convention Center parking lot. More details are in this booklet.

On-line confirmation of your entry is also available here:

<https://runsignup.com/Race/RegistrationLookup/?raceld=140586>

You can search the database of all registered runners to find out who is participating in this year's race. For more information and to view your confirmation, visit <http://www.ocmdrunfest.com>.

A CORRIGAN SPORTS EVENT



FOLLOW US ON FACEBOOK FOR ANY LAST MINUTE UPDATES AND IMPORTANT MESSAGES.

<https://www.facebook.com/OCRunFest/>

Schedule of Events

Friday, October 27, 2023 (Roland E. Powell Convention Center)

Packet Pick-Up & Official Merchandise 3pm - 9pm

Saturday, October 28, 2023 (Ocean City Inlet Parking Lot)

Bag Check 6am-1pm
Opening Remarks & Final Instructions 7:15am
National Anthem 7:25am
Marathon Start 7:30am
Half-Marathon Shuttle Departure 7:50am
5k & 8K Start 8:00am
5k & 8K Awards Ceremony 9:00am
5k/8K Costume Contest Judging 9:15am
Half-Marathon Start- Assateague Island 9:15am
Full & Half-Marathon Awards Ceremony 12:00am
Full/Half-Marathon Costume Contest Judging 12:15am
Celebration Village Activities featuring
a live performance by Jimmy Charles 8am-2pm

Awards Ceremonies on Main Stage in Celebration Village

Chessie Challenge

We have more than 300 runners participating in our year long challenge. The Chessie Challenge includes finishing any race distance at the Annapolis Running Festival, the Baltimore 10-Miler or the Baltimore Running Festival and the Ocean City Running Festival. Runners who do so get an extra medal to add to their collection as well as a stainless steel travel mug.

In addition, we invite all Chessie Challenge participants to join us in the Challenge Tent located near the finish line. Here you can claim your treasures and mingle with your fellow competitors to discuss war stories from the previous races in your challenge.

Chessie members will have a BLUE STICKER on their bib that will indicate that they are sea worthy and have traveled near and far in search of the lovable sea monster!

Just our way of saying THANK YOU for being part of the Corrigan Sports family.

FOR MORE INFORMATION ON THE CHESSIE CHALLENGE, VISIT THIS LINK:

<https://bit.ly/chessie23>



Each Challenge runner receives these Treasures in addition to their race premiums

Official Host Hotels

We are excited to be partnering with Team Travel Source for hotel accommodations! Team Travel Source has secured the best hotel rooms with the lowest rates for the Ocean City Running Festival. If you have any questions regarding hotels for the event or would like to book your hotel room over the phone, please call Team Travel Source at 502-354-9103 or their our direct email, marathons@teamtravelsource.com.

VISIT THIS LINK TO BOOK YOUR HOTEL:

<https://www.teamtravelsource-soccerfieldhockeylacrosse.com/ocean-city-running-festival>

Carb Load at the Cambria Friday, October 27, 2023 4pm-10pm

The View Restaurant located in the Cambria Ocean City Bayfront Hotel

Buffet to include:

**Caesar Salad
Ciabatta Bread**

**Cavatoppi Pasta with Vodka Cream Sauce
Linguini with Fresh Tomato Sauce**

Toppings:

**Roasted Chicken
Meatballs**

\$22.00 plus tax per person

**13 St. Louis Ave, Ocean City, MD 21842
410-289-1645**

SAFETY FIRST- We are working closely with state and local police units to provide the safest possible environment for our runners and fans. Please leave bags at home and allow extra time all weekend long for any added security measures which may include bag searches and check points for fans and runners. And as always, **IF YOU SEE SOMETHING SAY SOMETHING**

QR Code Email

Check-in this year will be done by QR CODE. This will be emailed to you BEFORE you arrive. You will receive an email on Thursday, Oct. 26 by 3pm with information on how to claim your bib. If you do not get an email by 3pm that day via email DO NOT PANIC. Simply send an email to customerservice@corrigansports.com and we will be able to help you troubleshoot your issue.

PLEASE bring a copy of the QR CODE email (printed out or on your smart device. You can also save it in your Apple Wallet) You will use this QR CODE email when you go to STEP 2 to pick up your Race Bib Number.

Packet Pick Up

Packet Pick Up is located Ocean City, Maryland's Roland E. Powell Convention Center (4001 Coastal Hwy, Ocean City, MD 21842). MAKE SURE YOU HAVE YOUR QR CODE BEFORE YOU ARRIVE. We will have a designated area where you can troubleshoot your entry if necessary but you can speed up the process if you have QR CODE printed out or pulled up on your smart device prior to arrival.

With your QR CODE in hand, please find the line for your race distance. The volunteer will scan your QR CODE and then dynamically assign your bib number using a second code on the bib. This process will pull up your personal information including the shirt size you selected when you registered.

IMPORTANT NOTE: Runners will receive the premium size they requested when registering which will be listed on your race bib number. PLEASE DO NOT ask volunteers to provide a different size as they have been instructed not to do so. This will ensure all registrants receive the shirt they ordered. We will have exchange bins at the expo if you would like to exchange your size with one we have left in the bin.

Before you leave, please make sure you have the following:

- Your race bib number (timing chip attached to the back)
- Your race premium (in the size & gender you registered with)
- Safety pins (4 total- one for each hole in the race bib number .)

LIMITED RACE MORNING PACKET PICK UP IS AVAILABLE from 6am to 7am in the Info Tent @ Ocean City Inlet for those who pre-register for this option. RACE MORNING PICK UP IS LIMITED to 200 People. SIGN UP HERE: <https://www.thebaltimoremaramarathon.com/ocrfppu/>

Pick Up for A Friend

Individual runners are asked to pick up their own race packet. However a friend or family member is allowed to pick up your packet for you. They will need to bring your QR CODE (that you will receive via email the week of the race) AND a copy of your photo ID, in case there is a problem or error.

Please limit yourself to picking up ONE other race packet that is not yours out of courtesy for other participants in line.

Official Photographers

FinisherPix will take official photographs along the course and at the finish line and produce a whole line of products featuring your photos. Be sure to keep your race bib number uncovered and in clear view.

We recommend stopping your watch a few seconds after crossing the finish line so it may be possible to identify your photograph. Proofs of your photo with ordering information will be available online a few days following the race. FinisherPix will send you an email as soon as your photos are ready.

Never forget your race with FinisherPix! FinisherPix is the official photographer of Ocean City Running Festival and will be there to commemorate your race. **Pre-order your photos now for as little as \$10!**

<https://www.finisherpix.com/en/event/7464/>



D Tag Timing

Participants will utilize the D Tag timing system. This system uses a thin computer transponder that is built into the bib and stays attached to your race bib number while you run. On race day, runners simply secure the race bib to their shirts and they are ready to run. After crossing the finish, runners do not need to return the tag and can dispose of it at their convenience.



- DO NOT Remove your D Tag from your bib
- DO NOT Forget your D Tag Race Bib on race day - NO BIB, NO TIME
- DO NOT Exchange your D Tag with any other participant
- DO NOT Cross the finish line twice or go back on any part of the course

Race Bib Number

- You must show your race bib to enter the starting area.
- You must wear your bib on the front of your body throughout the race.
- Your race bib must be visible throughout the race so the official course photographers can identify you.
- Your race bib is also a ticket to all race activities! Please have your race bib with you at all times to assure proper access.
- Do not exchange or transfer your number to someone else.
- In order to help our Medical Team work more efficiently, please fill out the medical history information on the back of your number.
- Your bib contains check boxes for your post race beers as well as a sticker for your race premium. Please allow the volunteer to mark your bib once these items are received.
- Please watch this video if you plan to use the bag check:

<https://youtu.be/JmrMQwF6A6Y>

Course Time Limit

Our agreement with the Ocean City and the surrounding jurisdictions requires that all marathon participants to complete the marathon course in an overall 6 hour time limit. Runners who do not maintain this pace are encouraged to drop out of the race and report to the nearest medical tent or waterstop to arrange transport back to the Celebration Village. Runners should be aware that roads will re-open on a rolling basis according to this 16 min per mile pace. We will leave the timing equipment on until about 2:00 p.m. There will be no early starts for any race distance.

Register Online Until Friday, October 27, 2023

Online registration will remain open until Friday, October 27, 2023 at 2pm. If you know someone who still wants to register, please encourage them to do so. They will still need to stop by Convention Center on Friday to pick up their race bib and race shirt.

Prohibited Items

For safety reasons, please adhere to the following: no dogs, no strollers, no bicycles, no in-line skates, no roller blades, no wheeled vehicles (except pre-registered wheelchairs and medical strollers). Violators may be disqualified and removed from the course by a Race Official. This policy has been established by the USATF and is required for insurance purposes and the safety of all runners. Please do not leave bags unattended. Report any unattended packages, baggage or suspicious behavior anywhere on the event grounds.

Headphone Policy

Headphones are permitted, however, to enjoy all that our race has to offer and for the safety of all participants, the Ocean City Running Festival encourages a headphone-free environment during the running of all its race distances.

We believe your race experience and those around you will be greatly enhanced by leaving the headphones at home or in the car. Running headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on the course cheering you on and providing directions to help get you to the finish line.

Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone. If wearing headphones results in you being unable to hear verbal instructions or commands; approaching vehicles or course marshals on foot or on bicycles, you may be asked to relinquish your audio device.

Runner's Bag Check

Runners may check their gear at the Bag Check Area located in the Inlet parking lot for full, 8k & 5k runners. (Half marathon bag check is at their startline. See pg. 7). Look for the yellow BAG CHECK flag.

BAG CHECK HOURS ARE AS FOLLOWS: SATURDAY 6 AM - 1 PM

For safety reasons, we ask that you utilize a transparent bag for gear check. If you do not have one, we will make one available to you. Your bib will contain a bag check receipt for identification. We will not handle oversized luggage. Your bag will remain at Runner's Bag Check Area at all times and will be available when you finish. Do not check valuables as we cannot be responsible for lost or stolen articles. You must have your bib to claim your items. Items not claimed will be donated to charity. Please watch this video if you plan to use the bag check:

<https://youtu.be/JmrMQwF6A6Y>

Directions to Ocean City, Md. ALL ROADS LEAD TO OCEAN CITY, MD



We welcome you to Ocean City, MD, where convenience and scenic beauty await. Whether you're craving a leisurely coastal drive or prefer the efficiency of major highways, reaching this captivating destination is a breeze. Situated within an easy drive from prominent Mid-Atlantic cities like Washington D.C., Baltimore, and Philadelphia, Ocean City offers a convenient escape for those yearning for a change of scenery without the complexities of air travel. So, sit back, relax, and enjoy the journey as you embark on an unforgettable adventure to this vibrant coastal paradise. We hope you come back and visit us again soon!

EVENT VENUES

Expo and Packet Pick-Up

Ocean City, Maryland's Roland E. Powell Convention Center
Address: 4001 Coastal Highway, Ocean City, MD 21842

Finish Line & Celebration Village

Ocean City Inlet Beach
809 South Atlantic Ave, Ocean City, MD 21842



For general directions to Ocean City, Md. please reference this website:
<https://www.ococean.com/convention-center/attend/directions-parking/>

Plan Your Race Morning Travel

Please be mindful that area roadways will begin to close as much as 60 minutes prior to the race start times. We ask that you and your cheering section arrive early to avoid traffic delays and give yourself adequate time to park, check your gear and get to the starting line.

Parking on Race Day

We have free parking in the Hugh T. Cropper Inlet Parking Lot on race day. The lot is located at 809 S Atlantic Ave, Ocean City, MD 21842.

A portion of the lot will be for parking and a portion will be cordoned off for the Start/Finish Line and the Celebration Village.

There may be additional free parking within walking distance of the race START. Please do not attempt to park on any street used for the race route as these lots and roads will be closed on race weekend.

Please be mindful that area roadways will begin to close as much as 60 minutes prior to the race start times. We ask that you and your cheering section arrive early to avoid traffic delays and give yourself adequate time to park, check your gear and get to the starting line.

HALF-MARATHON PARTICIPANTS

All half-marathon participants should park at the Inlet Parking Lot and take the shuttle buses to your start line at Assateague State Park. These shuttles will only travel one-way (to the start line prior to the race) and will not make any return trips to the park. **PLEASE NOTE:** There is no race day parking available at the Assateague State Park day beach lot. Runners may be dropped off at round-a-bout outside the day beach lot but are required to do so prior to 8:00am so that we can make way for the shuttle bus drop off and the arrival of marathon runners.

Portions of S. 2nd Street in the inlet will close just prior to the start of the races. Runners will be exiting the Inlet parking lot at this time. **If you are participating in the 5K or 8K PLEASE ARRIVE PRIOR TO THE START OF THE FULL MARATHON AT 7:30AM.**

Starting the Marathon

The full marathon will start from the Ocean City Inlet parking lot. **PLEASE BE MINDFUL the race route.** Cones, police and marshals will be present in some locations, but it is the duty of each runner to know their course. **Marathoners use different routes around Assateague Island including the pedestrian path on the Verrazano Bridge & have their own boardwalk U-Turn.**

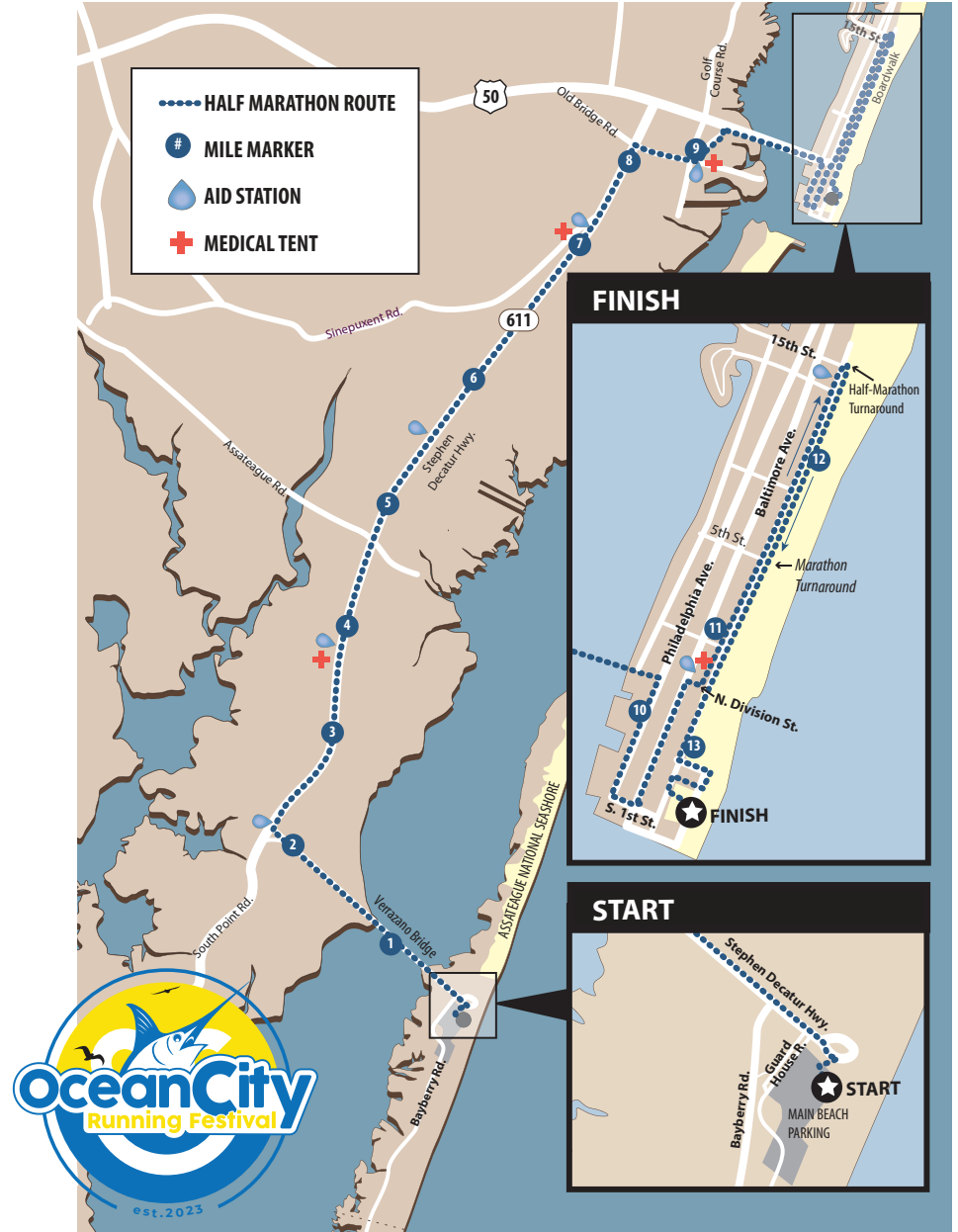
Marathon Turn-A-Rounds

While you will be running with the half-marathoners for a large portion of your race route after mile 15, **it is important to note** that the marathon and half-marathon have different turn-a-round points on the boardwalk. The marathon runners will make a clockwise U-Turn at 4th Street before returning to the inlet to cross the finish line. (The half-marathon turns at 15th St.). The marathon also make a U-Turn in Assateague at about mile 12.5

Full Marathon Course Map- 7:30 AM START TIME



Half-Marathon Course Map - 9:15 AM START TIME



FOR AN ENLARGED MAP VISIT <https://adobe.ly/3RQ3YwC>

FOR THE MARATHON TURN BY TURN VISIT: <https://bit.ly/48lviTJ>

PLEASE BE AWARE that marathon runners will turn around at 4th St. on the boardwalk. This is a different U-Turn from all other participants.

FOR A LARGER HALF MARATHON MAP VISIT: <https://adobe.ly/3F7Lg5S>

FOR THE HALF MARATHON TURN BY TURN VISIT: <https://bit.ly/3Fbfr18>

USATF Certification

The full marathon and half marathon course are both USATF certified race courses. Certification numbers are available on our website.



Shuttles to the Half-Marathon Start - 7:50am DEPARTURE

All half-marathon participants should park at the Inlet Parking Lot and take the shuttle buses to your start line at Assateague State Park in the day beach parking lot. These shuttles will only travel one-way (to the start line prior to the race) and will not make any return trips to the park. By parking at the Inlet, your vehicle will be waiting for you when you finish the race and you will be able to depart at your leisure.

PLEASE NOTE: There is no race day parking available at the Assateague State Park day beach lot. Runners may be dropped off at the round-a-bout outside the day beach lot but are required to do so prior to 8:00am so that we can make way for the shuttle bus drop off and the arrival of marathoners.

We will have enough shuttle buses for every one of the half-marathon starters. **ALL SHUTTLE BUSES WILL LEAVE SIMULTANEOUSLY AT 7:50am after the start of the full marathon and just prior to the 5K/8K Start.** Please do not miss your bus as there will be no alternate travel plans available.

Shuttles are scheduled to arrive at the half-marathon start line at 8:15am. Once you arrive, the bathhouse with toilets, and sinks will be open. (We will supplement the bathhouse with additional port-a-pots.)

In addition the 5 Tides Restaurant and Retail Shop will be open offering cooked to order breakfast, premium coffee, snacks and more!

Half-Marathon Bag Check

Runners will be able to wear their warm up gear to the half start line and check their items which will be transported to the Inlet parking lot. Your race bib will contain a bag label for identification. Your bag will be placed in a truck and relocated to the Inlet so it is available when you finish. Do not check valuables as we cannot be responsible for lost or stolen articles. You must have your bib number to claim your items. Items not claimed will be donated to charity.

Starting the Half-Marathon

The half-marathon will start from the Assateague State Park day beach parking lot. **PLEASE BE MINDFUL THAT** you will run in the vehicle lane, against traffic and will *merge with the full marathoners* soon after crossing the Verrazano Bridge. (The marathon runners will cross the bay using the pedestrian path on the bridge.)

Half-Marathon Turn-A-Round

While you will be running with the marathoners for the majority of your race route, **it is important to note** that the marathon and half-marathon have different turn-a-round points on the boardwalk. The half marathon runners will make a clockwise U-Turn at 15th Street before returning to the inlet to cross the finish line. (The full marathon turns at 4th St.)

Viewing the Assateague Horses Safely

During your visit to Assateague, you will most likely encounter at least a few of the island's most popular residents. Petting or feeding the wild horses may seem like a harmless and fun thing to do, but the consequences can be terrible. For your safety and the safety of the horses, please obey park regulations and do not approach, touch, or feed the Assateague horses.

Stay at least a "bus length" or 40 feet away, but remember that may still be too close depending on the circumstances. If horses approach you, back off and retreat to a safe distance. Do not take food. If horses approach you, you must move away.

Assateague horses do bite, kick and can carry rabies. These horses are WILD, and they don't behave like domestic horses. Treat the horses with respect - move back and stay safe.

Starting the 5K & 8K

The 5K and 8K will start at the same time from the Ocean City Inlet parking lot. They will utilize the same start location as the full marathon but will start 30-minutes after the full marathon. **PLEASE MAKE SURE YOU ARE STARTING AT THE CORRECT TIME.** Your race starts at 8:00am. Portions of S. 2nd Street will close just prior to the start of the races. Runners will be exiting the parking lot at all times. **If you are participating in the 5K or 8K PLEASE ARRIVE PRIOR TO THE START OF THE FULL MARATHON AT 7:30AM.**

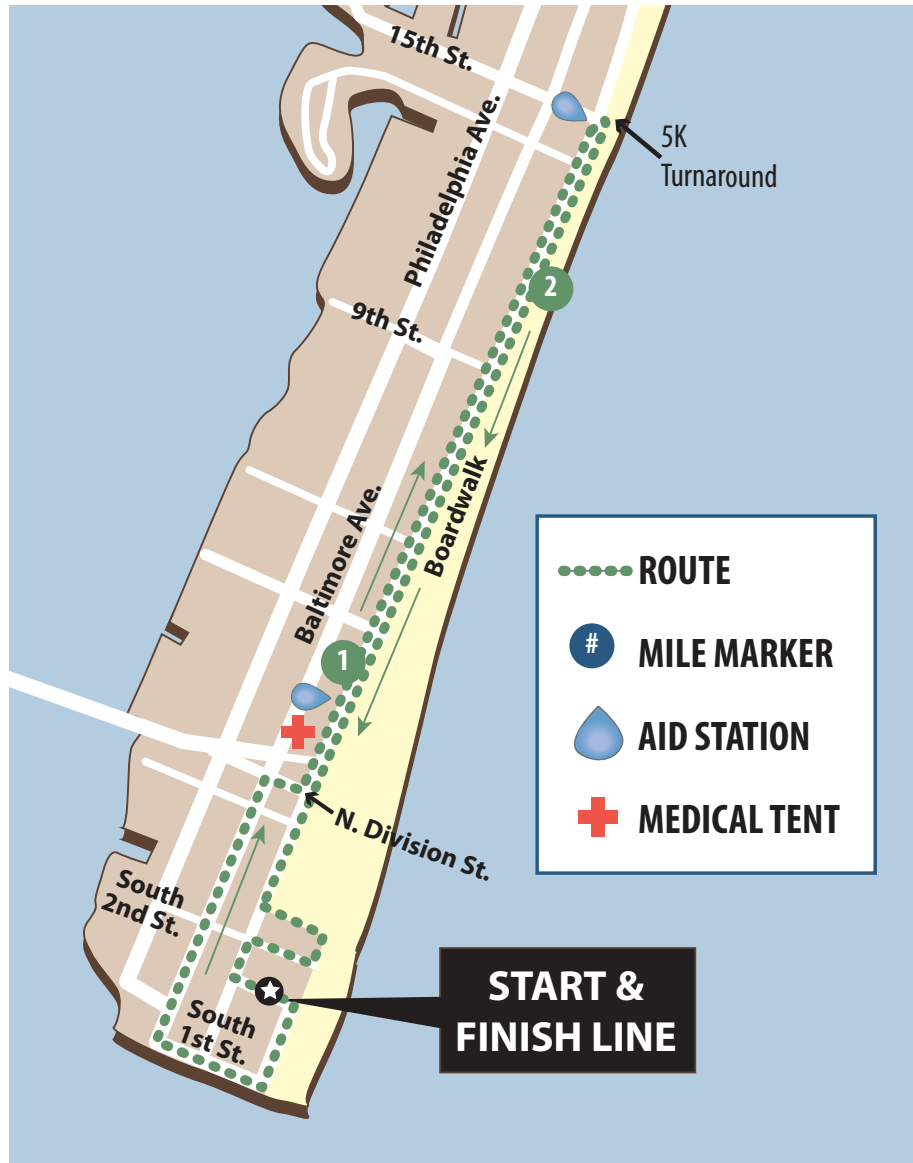
5K & 8K Turn-A-Rounds

While the 5K and 8K will be running the same route for the majority of your race route, **it is important to note** that the 5K and 8K have different turn-a-round points on the boardwalk. The 5K runners will make a clockwise U-Turn at 15th Street before returning to the inlet to cross the finish line. (same u-turn as the half-marathon). The 8K will make a clockwise U-Turn at 27th Street.

Running on the Boardwalk for All Race Distances

We are excited to be able to include the boardwalk as one of the scenic highlights of the the race route. However, please note that the boardwalk is not closed to the public during the race. We will have signage and cones noting the race route and hope that non-participants will give way to racers. However, please also be courteous and understand that non-runners will be sharing this portion of the course with you. Thank you in advance for your understanding and cooperation.

5K Course Map - 8:00 AM START TIME

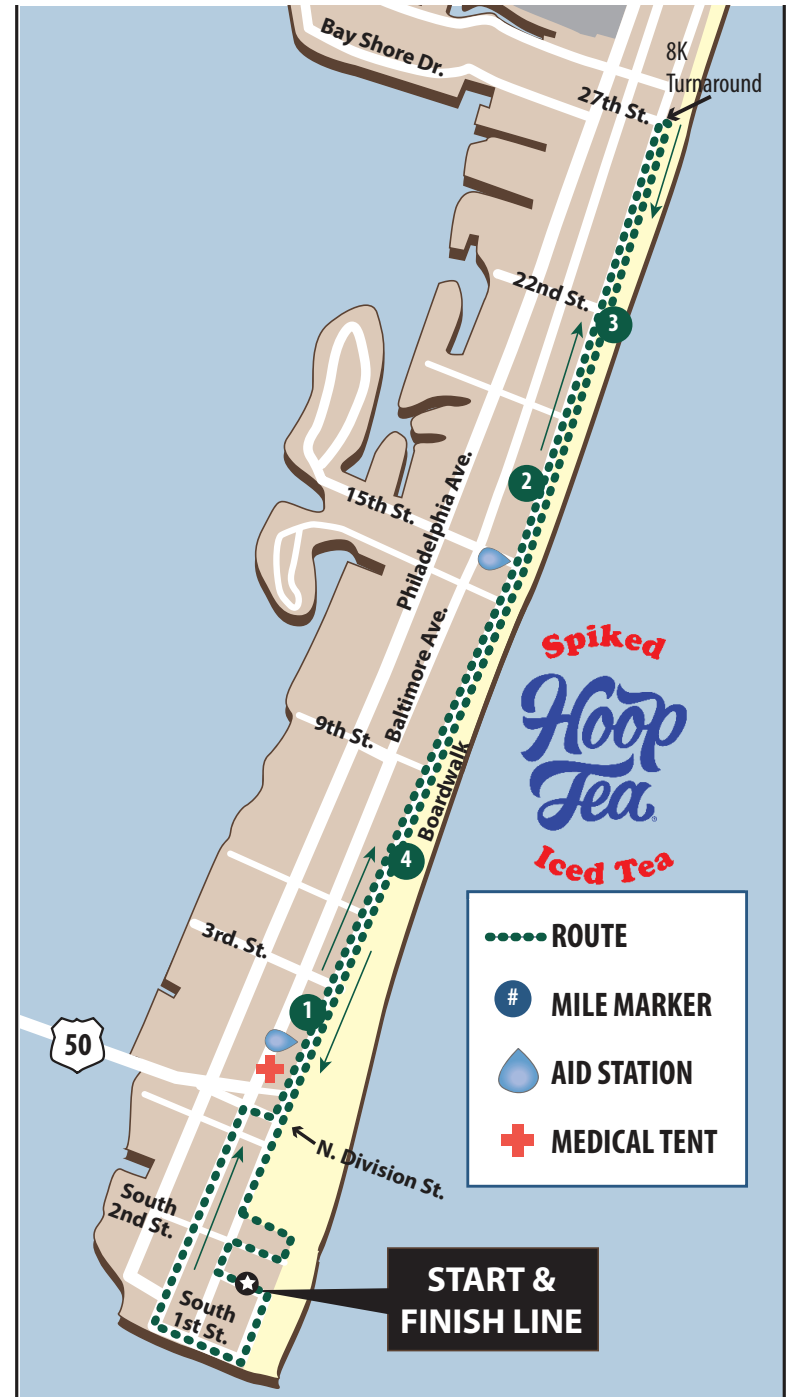


FOR A LARGER 5K MAP VISIT: <https://adobe.ly/460c8d7>
 FOR THE 5K TURN BY TURN VISIT: <https://bit.ly/3FkgnSi>

Runner Pace For a Distances

All runners are requested to seed themselves by the Pace Per Mile signs located along the starting corral. This will allow the faster participants to be in front of slower ones making it a more enjoyable experience for everyone. All races will start promptly at the designated times.

8K Course Map - 7:00 AM START TIME



FOR A LARGER 8K MAP VISIT: <https://bit.ly/37tESi5>
 FOR THE 8K TURN BY TURN VISIT: <https://bit.ly/3s19d21>

Runner Tracking

Sign ups for Runner Tracking is now open. This allows participants and spectators to follow friends and family by receiving real-time text message updates and splits on race day.

You can electronically track multiple runners on the course by searching for the athlete name at the ink. Updates will be received as runners cross the various checkpoints, as well as once they cross the finish line.

<https://register.chronotrack.com/event/tracking/eventID/76239>

On-Course Aid Stations

There will be several aid stations along your race route. Some of these locations will be used multiple times. Each aid station will be fully stocked with water and Gatorade. Others will have Utz salty snack and bananas. All aid stations will have a medical kit containing emergency supplies for runners. Each water station will also offer port-a-pots for runner use.

IMPORTANT NOTE FOR MARATHON PARTICIPANTS: Due to the wild horses in Assateague State & National Park, there will only be water at the aid stations inside the park (marathon miles 10.5, 12.5 & 14). No snacks or Gatorade will be served.

Water/Gatorade Stations:

Full – Miles 2, 4, 6, 8.5, **10.5, 12.5, 14**, 16.5, 18.5, **20, 21.5**, 23.5, 25.5

Half – Miles 2, 4, 5.5, **7, 9, 11, 12**

8K – Miles 1, 2, 3.5

5K – Miles 1, 2

Utz salty snack and bananas at Marathon Mile 21.5 (Half mile 7).

Medical Tents:

Full – Miles 2, 6, 10.5, 14, 19, 23.5, 25.5, Start/Finish

Half – Miles 4.5, 9, 11, Start/Finish

8K – Mile 1, Start/Finish

5K – Mile 1, Start/Finish



Benefits of Participating with a Social Team

- TEAMS OF 10 OR MORE CAN SAVE \$10 PER TEAM MEMBER
- TEAMS OF 25 OR MORE GET A SOCIAL TENT AT THE FINISH LINE
- PRIZES FOR THINGS LIKE THE BIGGEST AND MOST FESTIVE TEAMS
- INCREASE THE FUN BY RUNNING TOGETHER
- PICK ANY OR ALL THE RACE DISTANCES!

Having the support of your friends during your training and race is priceless, but we decided to add an extra incentive! Regardless of when your teammates register, the entire group will get a \$10 refund once your team reaches 10 or more members. The refund will go directly back to the card used to pay for registration. PLUS there's potential for teams to win extra prizes such as merchandise deals!

HOW DOES IT WORK

When registering you will have the option to Join a Group/Team. All Members of a SOCIAL TEAM are linked by their team name and password. As your team grows, everyone benefits, even those who register first! The system will automatically refund everyone on the team who has already registered and charge the new team members the new rate. Once you hit 10 members, the first 9 to register will automatically receive a \$10 refund to their card, and the 10th member (and anyone else who registers after that!) will get the discounted rate automatically. Registrants that do not initially register with their group may not be eligible for refunds or discounts.

WHY RUN AS A SOCIAL TEAM?

Running with a friend (or a group!) really is so much more fun than running alone. Once the race is over, a team is there to celebrate, and relax after the accomplishments of the day. Plus, they'll keep people going and motivate them to finish strong if they're starting to feel sluggish mid-race. Teams get bonus points if they wear matching team t-shirts or costumes!

Before the race even starts, a team is a built-in training support system. A dedicated team will spend some time running together before the race starts, getting to know each member's quirks and pace. An individual can push off or ignore scheduled training runs, but a team won't let them get away with skipping them! Besides support, team members also make for great accountability partners, and will help members to be completely prepared come race day.

WANT TO SEE WHAT OTHER SOCIAL TEAMS HAVE ALREADY SIGNED UP?

<https://runsignup.com/RaceGroups/140586>

Finish Line Runner Refreshment

Fruit, snacks, Gatorade and bottled water will be available at the finish line courtesy of FOOD LION Supermarkets and [are for runners ONLY](#). Please be courteous to the other participants and take only one product from each station. In order to keep the finish area and the Celebration Village area clean, please dispose of all your waste in the proper containers provided.



Dropping Out of the Races

If you need to drop out of the race for any reason, please report to the nearest medical station or aid station on the course and inform them that you are retiring from the race. From there, we make arrangements to pick you up and return you to the finish area. Do not cross the finish line if you did not complete the entire race. The timing chip will record an inaccurate finishing time. There is no need to return the disposable timing chip.

Medical Staff will have the right to withdraw any runners from the race at their discretion should they appear in distress or at risk should they continue running.

Race Results

Results for all races will be available online in near real time. As soon as you finish your race, visit this site to see your finisher time and place. PLEASE NOTE: Results are not finalized until as many as 30 days after the race is complete.

<https://www.athlinks.com/event/381749/results/Event/1061808/Results>

Awards

Age Group Awards will be mailed in November once race results become official.

For the full, half, 8K and 5K, plaques made from boards that were previously part of the Ocean City Boardwalk will be awarded to the overall male and female champions as well as to the second and third place finisher in both the male and female divisions.

Age-Group prizes go to the top three male and female age group finishers for the marathon and half-marathon in each of the following divisions: 19& Under, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75+. For the 10K & 5k, we will add 16 & under and 17-19 division.



Medical Information

The Ocean City Running Festival Medical Team is a dedicated volunteer group of medical professionals from Atlantic General Hospital. There will be a medical station at the start/finish area, as well as on the course near the following mile marks:

Full – Miles 2, 6, 10.5, 14, 19, 23.5, 25.5

Half – Miles 4.5, 9, 11

5k/8K – Mile 1

In addition, we will have a team of EMT's on bicycles and ambulances throughout the course.

Water stops will have a self-aid box with band-aids, Vaseline, and feminine hygiene products.

IMPORTANT NOTE FOR MARATHON PARTICIPANTS: Due to the wild horses in Assateague State & National Park, there will only be water at the waterstop inside the park. No snacks or Gatorade will be served.

If you choose to stop running for any non-medical emergency, please report to the nearest medical station or aid station on the course. From there, we make arrangements to pick you up and return you to the finish area.

Medical Staff will have the right to withdraw any runners from the race at their discretion should they appear in distress or at risk should they continue running. To help our Medical Team work more efficiently, please fill out the medical history on the back of your race bib.

Best Viewing Points

There are some great spots to see the runners throughout the course. Aside from the Ocean City Inlet, here are some of the best locations:

- ✓ The Harrison's Harbor Watch parking lot at 1st St. and S. Baltimore St.
- ✓ N. Division St and the Boardwalk, under the Ocean City Welcome arch
- ✓ Ripley's Believe It or Not Museum on the boardwalk

Other spots around town include: West Ocean City park & ride, the White Marlin sculpture at Entry Park - Rt. 50 & S. Philadelphia, or anywhere along the boardwalk from 1st St to 27th St.

NOTE: Fans may sign up for FREE runner tracking. This will allow you to track specific runners and have messages sent to your mobile device as they cross various timing mats on the course. This is a great tool that will help you reunite with your runner following the race.

<https://register.chronotrack.com/event/tracking/eventID/76239>



Race Day Weather & Traffic Information

At the beach, the average temperature in late October at start time is 52 degrees and the average temperature at 1pm is 66 degrees. Races are held rain or shine.

If there is lightning in the area, the race may be delayed or canceled. This decision will be made by local safety officials based on the severity of the weather. Safety of our runners is paramount.

Virtual Event Bag

All runners will receive a Virtual Event Bag prior to attending the expo. The Virtual Event Bag is an interactive, virtual “goodie bag” provided electronically to each runner. The bag features rich-media digital gifts, coupons, games, and more from local and national race sponsors. It will contain race tips, and even ways to get free stuff at the expo.

Check your email inbox for your Virtual Event Bag on Tuesday Oct. 24.

Splits & Mile Markers

Timing mats will be positioned along the race course indicating your split time on the results page at various miles on the course and Start/Finish. Some locations may have digital clocks. In addition, highly visible mile markers will be positioned at every mile. (*weather permitting*)

Volunteer Opportunities

Individuals like you, your family, friends and colleagues are key to the success of the Ocean City Running Festival. More than 500 volunteers are needed to make the Ocean City Running Festival successful. Volunteer opportunities are available at the pre-race Health and Fitness Expo and on race day. All volunteers will receive a t-shirt. For information or to register visit:

<https://runsignup.com/Race/OceanCityRunningFestival/Page-11>

NOTE: This is a great opportunity for families who are waiting for their runners to cross the finish or for runners who have become injured and cannot participate in a race this year. Please consider this option.

SAFETY FIRST- We are working closely with state and local police units to provide the safest possible environment for our runners and fans. Please leave bags at home and allow extra time all weekend long for any added security measures which may include bag searches and check points for fans and runners. And as always, **IF YOU SEE SOMETHING, SAY SOMETHING.**

LIVE TV Coverage

Make sure you smile while you are running! We are thrilled to announce that in partnership with the Maryland Sports Commission, the Ocean City Running Festival will be televised on WMAR-TV in Baltimore.



Maryland Sports Commission has generously stepped forward to become the title sponsor of the broadcast. This partnership will significantly boost the visibility of the Ocean City Running Festival and help create a memorable experience for participants and the local community..

Special Concert Appearance by Jimmy Charles

During the post-race Celebration Village, you will enjoy a very special treat- - A live performance by Ocean City's home town boy, Jimmy Charles. Known for his high energy, passionate and soulful performances, Jimmy Charles is a rising star you don't want to miss. An Ocean City, Md. native, Jimmy Charles headed to Nashville to pursue his music dreams after graduating from Towson University. He appeared on the ninth season of “American Idol” and has toured the country opening for Lady Antebellum, Montgomery Gentry, Kip Moore, Kacey Musgraves, Josh Turner, Merle Haggard and more since launching his music career in 2014. His song/video “It’s a Maryland Thing, You Wouldn’t Understand” along with receiving millions of collective streams/views is also being referred to as the new anthem for the State.



View it here: <https://youtu.be/RSmLubla4S4?si=fL0blw02JzXi8CVz>

Post Race Beer

All of-age runners have drink coupons attached to each race bib number. (Under age runners will have the redemption boxes X's out.) These can be redeemed for complementary Michelob Ultra or Hoop Tea Spiked Iced Tea at the beer stand. You must present your race bib number and have it marked by the volunteer to receive your complementary beverages. Please plan on presenting your ID.



Maryland law requires all those who appear under the age of 30 to present a photo ID to drink alcohol. We encourage all those who fall into this category to do one of the following:

1. run with a photo ID on your person, OR
2. give it to your cheering section to hold at the finish line OR
3. utilize bag check on race day.

Celebration Village Map



Celebration Village

Part of the excitement surrounding the Ocean City Running Festival is that it is much more than just a road race. We will have activities in the Celebration Village for people young and old, and for runners and non-runners alike.

The Celebration Village will have activities throughout the day:

- ✓ Live Band to get you moving
- ✓ Food & Drink (8a-2p)
- ✓ Awards on the Main Stage
- ✓ Activities for kids
- ✓ Vendors & Souvenirs
- ✓ Interactive Games

All Celebration Village activities close at 3pm. If you are not done celebrating, head to one of our many partners continue to festivities!

Tips for Spectators

We encourage all runners to invite their family and friends to join them at the event. We will have plenty of activities to entertain even the non-runners while they wait for you to finish the race.

Here are some tips for a good fan:

- 1) Wear Comfortable Shoes. There are several excellent viewing points but you may walk further than some runners!
- 2) Come up with a few things to shout at the runners as they pass. "You're almost there" should not be one of them unless you are within the final 2/10 mile stretch!
- 3) Make lots of noise- cowbells are great, but pots & pans work too!

For your safety and that of the participants, we ask that fans be aware of their surroundings and stay outside the race route boundaries. Runners will be using all the roads and paths that surround the Inlet area and the boardwalk so please stay aware of your surroundings in these areas.

DO NOT bring children onto the race course. All too often when approaching the finish line, excited runners bend over to pick up their kids and pass out when standing up, causing injury to both the runner and the child. Strollers can impede the flow of runners and are not allowed on the race course.

Meeting Runners After the Race

Cheering sections are encouraged to watch the finish stretch from the area around Celebration Village. Fans WILL NOT be permitted onto the course or into the Runners Only Compound.

After your runner crosses the finish line, they will enter the Runners Only Compound where finishers will receive their medal, water, and post-race nourishment as well as have access to bag check

Cheering sections should make plans to meet up with their runner outside of the Runner Only Compound.

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Make sure you dress up for the holidays and for the Costume Contest to be eligible for awesome prizes. Grab your friends or take it solo.

We will be judging for the following divisions:

- 5K/8K Individual Costume – costume of only one person
- 5K/8K Partner Costume – costumes with two people participating.
- 5K/8K Group Costume – 3 or more form a group.
- Half/Full Individual Costume – costume of only one person
- Half/Full Partner Costume – costumes with two people participating.
- Half/Full Group Costume – 3 or more form a group.

Judges will be looking for originality, authenticity, overall theme and craftsmanship. Being “in character” is always a plus!



Rules for Participants

- You must run/walk in your costume the entire race to be eligible for prizes.
- Groups and pairs must come to the judging table together to be judged.
- If you are a group or a pair, you must pick a team captain and a team name. We will use this name and the captain’s race bib number for judging.
- You must have a race bib number visible to be eligible for the contest and keep your race bib number on for winner announcements.
- You must have been a registered participant and run the race to be eligible for the costume contest.



We will announce winners during our award ceremonies.

Costume Contest Check-In Schedule

Check-in for the contest will take place at the information tent between 6:30am & 7:30am. Please have your Bib when you to check-in.



We can't wait to celebrate your race day accomplishments by sipping on a Hoop Tea while singing along to “It’s A Maryland Thing, You Wouldn’t Understand!” LET’S DO THIS!



