

# 10<sup>th</sup> ANNUAL "OBX BANK" SANDBAR 5K

Presented by  
"MICHELOB ULTRA"

## 5K BEACH RUN/WALK

SUNDAY, AUGUST 7<sup>TH</sup> 2011 7:30 AM START TIME (EARLIER THAN LAST YEAR)

KITTY HAWK, NC / BEACH ACCESS MILEPOST 4.5

**RACE:** The Outer Banks only 5K Beach Run/Walk is set on the sands in front of the historic "Old Station" public bath house in Kitty Hawk, North Carolina. This charity race is a benefit for The Outer Banks Relief Foundation which raises funds to help people on the Outer Banks with debilitating diseases and families in crisis.

**COURSE:** The 10th Annual OBX BANK Sandbar 5k Race starts on the beach at the MP 4.5 lifeguard tower and runs north and then south back to the start/finish line.

**AWARDS/DIVISIONS:** The 1<sup>st</sup> place overall male and female finishers will win medals and vacation packages on the Outer Banks. The 2<sup>nd</sup> & 3<sup>rd</sup> place overall male and female finishers will win other gift certificates and medals. Medals will also be given to the top 3 finishers in the following age groups: **9 and under, 10-12, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 and up.**

**ENTRY FEE:** \$25 per entrant until July 30<sup>th</sup> and \$30 from July 31<sup>st</sup> on. Entry fee includes an event T-shirt and the after party sponsored by "Michelob Ultra". Entry fees are non-refundable. Please make checks payable to: **The Outer Banks Relief Foundation**. On-line entries can be made through [Active.com](http://Active.com) before 8/5/2011. Beach entries will be accepted from 6:15am-7:00am on the day of the race if space is available. A maximum of 500 participants will be allowed in this event. Entry forms and payments can also be mailed before 7/30/11 to:

OBX® Sandbar 5K Race c/o Island X-Per-Tees  
2224 South Lark Ave.  
Nags Head, NC 27959

**NEW:** Pre-race packet pick up will be available at the Outer Banks Sports Club (located on the bypass at MP 10.5) on Saturday, August 6<sup>th</sup> between 4pm and 7pm.

For additional information, check our website at [outerbanksrelieffoundation.com](http://outerbanksrelieffoundation.com) or email us at [obxsandbar5k@outerbanksrelieffoundation.com](mailto:obxsandbar5k@outerbanksrelieffoundation.com)

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### Entry Form

**WAIVER:** In consideration of your acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Kitty Hawk, Dare County, State of North Carolina, the benefiting charity, and any other sponsors and organizers of this event, their representatives, successors or assigns for any and all injuries suffered by me, in said event. I attest and verify that I am physically fit and have trained for the completion of this race sufficiently. **Note: if you are under 18, your parent or legal guardian must also sign this waiver. Parent or legal guardian must also be present on race day.**

NAME: \_\_\_\_\_

GENDER: M / F (circle one)

DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_ (on race day)

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

E-mail: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN SIGNATURE IF UNDER 18: \_\_\_\_\_

T-shirt size: S M L XL XXL (circle one)

Where did you here about the race? \_\_\_\_\_