

8th ANNUAL OBX[®] SANDBAR 5K

Presented by

“Michelob Ultra[®] & Monster[®]”

5K BEACH RUN/WALK

SUNDAY, AUGUST 9TH 2009 8:00 AM STARTING TIME

KITTY HAWK, NC / BEACH ACCESS MILEPOST 4.5

RACE: The Outer Banks only **5K Beach Run/Walk** is set on the wide, flat 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 **8th Annual OBX[®] 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 1st place overall male and female finishers will win medals and vacation packages on the Outer Banks. The 2nd & 3rd 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: **13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 and up.**

ENTRY FEE: \$25 per entrant. Participants will receive an event T-shirt and a race packet. Entry fees are non-refundable. Please make checks payable to: **The Outer Banks Relief Foundation.** Mail-in entries must be received by **8/7/2009.** On-line entries can be made through **Active.com** before **8/7/2009.** Beach entries will be accepted from 6:30am-7:30am on the day of the race. **A maximum of 400 participants will be allowed in this event.** Completed entry forms and payments can be mailed to:

OBX[®] Sandbar 5K Race
c/o Island X-Per-Tees
2004 S. Croatan Hwy, Unit 18
Kill Devil Hills, NC 27948

For additional information, check our website at outerbanksrelieffoundation.com or email us at obxsandbar5k@outerbanksrelieffoundation.com

8th ANNUAL OBX[®] SANDBAR 5K RACE

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, Cardinal Race Services, 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: _____ M / F (circle one) 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 hear about the race? _____