

*The Ocean Park Association is proud to host...*



*20<sup>th</sup> Annual*

**The OP5K - Ocean Park 5K Road Race and Kids Fun Run  
Friday Night, July 29, 2016**

5K start time: 7:00 pm on Temple Avenue just past the covered bridge

Kids Fun Run start time: 6:00 pm in front of the Rec. Hall

Twenty years! Who would have thought a small little 5K Road Race could grow into a 500+ runner event! This event is clearly in stride and continues to grow each year. 2016 will be no exception to that rule as we celebrate our 20<sup>th</sup> year in true Ocean Park original style. This is one of the few evening races in the entire state, always attracting top runners as they prepare for the Beach2Beacon on the following weekend. The Ocean Park 5K is a flat race, winding through towering pines, along the beach roads, passing those familiar cottages with a dash through the Oceanwood Camp before finishing in the town square in front of hundreds of enthusiastic supporters. Following the race you cool down and enjoy a homemade cookie or two. This stuff only happens in Ocean Park! This year there will be cash prizes not just for breaking the course records, but also for top tier finishers and category age bracket for men & women. Awards ceremony starts soon after 8:00 PM at the Rec Hall.

The first 275 registered runners will receive the incredibly cool, one of a kind 2016 OP5K shirt. Pre-registration fee of \$22: in person at the OPA Office, via mail, or online at [www.runreg.com](http://www.runreg.com); go to [oceanpark.org/programs/events/5Kroad/5Kroad.html](http://oceanpark.org/programs/events/5Kroad/5Kroad.html) for details (preregistration closes Wednesday, July 27<sup>th</sup> at 3:00 pm). Day of race walk-in registration is \$25. Kids Fun Run registration: \$3 without t-shirt or \$12 with t-shirt. The Rec Hall will be open Thursday July 28<sup>th</sup> from 5:00 PM – 8:00 PM for those pre-registered runners wanting to get their race bibs/T shirts early or those wanting to sign up for the Kids Fun Run. Race Day Registration and Pre-Registered check-in is from 3:30-6:30 PM at the Rec Hall. Checks must be payable to the Ocean Park Association. All proceeds from the event support the OPA.

The theme this year is based on the Monopoly Game. We will be selling “properties” for our event sponsors for \$100.00, and the sponsors details will be listed on the game board design that will be on the back of the shirts. If your family or business would like to rename a “property” as your own, please contact the race director for details. Properties will be sold first come first serve, so call now for Board Walk or Park Place!

A wide range of volunteers are always needed to support this event. Some of the roles include; race day registration, mailings, course setup and breakdown, road marshals, first aid, photography, finish line gates, signage and water stations. And we always need volunteers to join the Cookie Ladies in baking treats that we hand out to our runners after finishing the event. To support the OP5K as a volunteer, become a sponsor or need more details: contact Scott Belanger 207-934-4690, [sbelange@maine.rr.com](mailto:sbelange@maine.rr.com) or ask at the OPA office.

**Directions:** Take Exit 36 (Saco -OOB exit) off turnpike. Continue on spur and keep to right at 7-11 convenience store. You are now on Temple AVE. Continue straight over railroad tracks until you come to 4-way stop light at Temple AVE and Route 9. Registration one block to your left.