



*Friday July 28<sup>th</sup> 7:00 PM*  
*Kids Fun Run Saturday July 29<sup>th</sup> 10:00 AM*

Mark your calendars, recruit a running partner or challenge your family members in the greatest race in Ocean Park history. All updates will be posted on the OPA Webpage at [www.oceanpark.org](http://www.oceanpark.org). This is one of the few evening races in the entire state, always attracting top runners, weekend athletes and those “Oshun Pahkaks” looking to beat their kids or just finish in order to add the prized T-Shirt to their collection. The Ocean Park 5K is a flat race, winding through towering pines, along the beach roads, passing those familiar cottages and cheering fans, with a straight shot back down Mass Ave and Randall before finishing in the town square. Post-Race Events will be held at the Bandstand in the OP Square. As we did previously, we will continue to follow all Maine CDC Guidelines for outdoor group events

There will be nonmonetary prizes for the age bracket finishers as well. As in past years there will be cash prizes for those elites that can break the course records.

The first 200 registered runners will receive the incredibly cool, one of a kind 2023 OP5K shirt. Shirts are always gone by Day of Event - so pre-register today! Pre-registration fee of \$30: in person at the OPA Office, via mail, or online at [www.runreg.com](http://www.runreg.com); go to [www.oceanpark.org](http://www.oceanpark.org) for details (preregistration closes Wednesday, July 26<sup>th</sup> at 3:00 pm). Day of race walk-in registration is \$35. Kids Fun Run registration: \$5 without t-shirt or \$20 with t-shirt (1<sup>st</sup> come 1<sup>st</sup> served). We will be using The Temple again this year as the event hub (instead of the Rec Hall). This will be open Thursday July 27<sup>th</sup> from 5:00 PM - 6:30 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 DOE Pre-Registered check-in is July 28<sup>th</sup> from 4:00-6:30 PM at The Temple. Checks must be payable to the Ocean Park Association, no credit cards . All proceeds from the event support the OPA.

Kids Fun Run will be held the following morning July 29<sup>th</sup> at 10:00 AM - Start and finish line is on Colby Ave, immediately behind the Temple. Medals for all and prizes for the top boy and girls in two different age brackets.

Due to the popularity of the T-Shirts, we will be once again offering “Sponsor” space on the back/sleeve of the shirts to list your family, business or a personal message. Early sponsors will also be listed on the Race Flyers and other event posters. If your family or business would like to become an event Sponsor, please contact the race director for details.

A wide range of volunteers are always needed to support this event. Some of the roles include: mailings, road marshals, photography, crowd control, signage and water stations. We would love to add a band! To support the OP5K as a volunteer, become a sponsor or need more details: contact Scott Belanger [sbelange@maine.rr.com](mailto:sbelange@maine.rr.com) or ask at the OPA office.