

**SHORE A.C.**

**Can you and your friends run a mile?**



*Do you have a favorite Restaurant/Bar or Gym/Fitness Center?  
Want to have some fun and some friendly competition??*

*Collect your group, form a team, sign up and come join us on July 16th!*

**Bar/Restaurant or Gym Team Competition**

**BELL WORKS - HOLMDEL, NJ  
SATURDAY EVENING, JULY 16, 2022**

## INSTRUCTIONS AND RULES FOR COMPETITION:

### TEAM COMPETITION AT THE BIG BANG MILE – BELL WORKS – HOLMDEL, NJ – JULY 16, 2022

Sign Up Online for the Big Bang Mile Bar/Restaurant or Gym/Fitness Center Team Competition

#### *Team Guidelines:*

1. All registration for the race is via RunSignUp, at the following link:

**<https://runsignup.com/Race/NJ/Holmdel/BigBangMile>**

2. Team Entry is free – there is no additional charge to be on a team. Team registrants will receive all giveaway items that all of the participants receive.

3. Teams will be comprised of a MINIMUM of 4 persons (no maximum) in the following two team divisions: Bar/Restaurant Teams; and Gym/Fitness Center Teams

4. The team captain should be the first person to register so he/she can create their team name and select the team division during the registration process (see “How To…” below if needed).

5. The captain should then inform the potential teammates to register for the Big Bang Mile and share the team’s name that was created (“Scott’s Gym” or “Joe’s Tavern,” etc.). When registering, each person should then select their team’s name from the listed team options, created by the captain, and will this should come up on their initial entry screen.

6. No overlapping of teams is allowed (each person can only be on one team). If a gym or a bar/restaurant wants to create multiple teams from their establishment (“Laura’s Steakhouse Green Team,” “Laura’s Steakhouse Red Team,”) they can do so, but each team must have its own captain and each team must have at least 4 people.

7. Team captain will be able to manage their team by logging into their on-line RunSignUp account. After creating the team, captains can email invited team participants to join their team, and then be able to edit their race information on-line.

8. All teams must be entered by Friday July 15, 2022, at 11:59 am. After that time no team revision or updates are permitted.

9. When entering, individuals should enter the race appropriate for their age group. Please note that the family heat (which includes youth 12 & under) is NOT part of the team competition.

10. **Team Awards:** Awards will be presented on race day to the top winning teams, in their respective team division. Total chip time for the 4 fastest team members will determine the team award winners.

The winning team in each of the two divisions will be presented with a special award to display in their gym or bar/restaurant, and their top 4 finishers will also receive an award.

Teams can be all-male, all-female, or mixed gender.

The team with the most entrants in each division will also receive an award.

Last Note: Team members may also place overall or win in their respective age group divisions as individual Big Bang Milers.

*How to Create a Group DURING Registration:*

1. Navigate to the Race Page of the race
2. Click Sign Up to begin the registration process
3. Enter in all participant information
4. Select Yes under the question Would You like to join a Group/Team
5. From the pop-up select Create New Group/Team
6. Select Continue
7. Select a Group/Team Type
8. Type in a Group/Team Name
9. If prompted select a Group/Team Gender and Age Group
10. If prompted you may create an Optional Group/Team Password
11. Click Continue

*How to Create a New Group AFTER Registration:*

1. Log on to RunSignUp under the account you registered for the Race.
2. Navigate to Upcoming Events > Manage Registration.
3. Click on the menu Group/Team (located on the left or top)
4. Click on the tab "Create New Group/Team".
5. Select a Group/Team type.
6. Type in a Group/Team name.
7. If prompted select a Group/Team Gender and Age Group.
8. If prompted you may create an Optional Group/Team Password.
9. Click Continue.