

**Friend2Friend: 11th ANNUAL  
"SUMMER SOLSTICE" 5 mile TRAIL RUN**

**&**

**5K Trail Run:Flat Railroad Bed only  
100% RACE FEES PROVIDE FREE Digital MAMMOGRAMS**

**FRIDAY JUNE 23, 2017**

**LOCATION:: KITTATINNY VALLEY STATE PARK  
199 GOODALE RD. NEWTON, NJ 07860**

**CHECK IN: 4:00 pm                      PRE-REG: \$25 Deadline 6/10**

**START TIME: 6:30 pm                    Post-REG: \$35 6/11 thru 6/23**

**(Kids 14 & under just \$10 5K ONLY)**

**SAME DAY REGISTRATION AVAILABLE**

**TIMING & RACE RESULTS POSTING:: [spectasport.com](http://spectasport.com)**

**5 MILE AWARDS: CASH + TROPHIES: TOP 3 M/F \$75/\$50/\$25**

**MEDALS TO TOP 3 M/F in 5 yr. AGE GROUPS: 15 -19, 20-24 etc.**

**5K AWARDS: TROPHIES TO TOP 3 M/F**

**MEDALS TO TOP 3 M/F in 5 yr. AGE GROUPS: 14 and under, 15-19, 20-24 etc.**

**AMENITIES: COLOR T-SHIRTS Guaranteed to all runners.**

**FEATURING: PIZZA/HOTDOGS & FRESH FRUIT/BOTTLED H2O**

**FREE DRAWINGS // BIB & PACKET PICKUP ON RACE**

**ONLINE REGISTRATION: <https://runsignup.com/Race/NJ/Newton/SummerSolsticeRace>**

**Maps/Course Description/Race Details/Trail Updates:: [www.friend2friendscwf.com](http://www.friend2friendscwf.com)**

**BOTH COURSES: marked w white paint**

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**Checks made payable to "F2F" @ 37 Cambridge Rd, Lafayette, NJ 07848**

**SCWF/F2F has strict "No Refund" Policy in effect since 10/2000**

**PLEASE CHECK YOUR EVENT: 5 MILE TRAIL\_\_\_\_\_ 5K FLATBED\_\_\_\_\_**

**NAME\_\_\_\_\_ Age\_\_\_\_\_ DOB\_\_\_\_\_ M\_\_\_\_\_ F\_\_\_\_\_**

**Address\_\_\_\_\_ City\_\_\_\_\_ St\_\_\_\_\_ ZC\_\_\_\_\_**

**Email\_\_\_\_\_**

**Phone#\_\_\_\_\_ T-Shirt S\_\_\_\_\_ M\_\_\_\_\_ L\_\_\_\_\_ XL\_\_\_\_\_**

**Waiver>>>**In consideration of your accepting this entry, I the undersigned, intending to be legally sound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the sponsoring organization, SCWF Friend2Friend, Kittatinny Valley State Park, and Andover Township, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said event. I hereby assume all rights in connection with participation in said run and do not expect to receive any aid, assistance, direction or any other duty or obligation from the officials or agents.

**Signature\_\_\_\_\_ Date\_\_\_\_\_**

**(PARENT/GUARDIAN IF ATHLETE IS UNDER 18; no runners under 15 in 5 mile)**