

# Friend2Friend:7th ANNUAL

**“ALEXA’S THUNDER RUN” 1/2 MARATHON TRAIL RUN**

**The Perfect Antidote to N.Y.C’s Marathon Lottery Blues!**

**4th Annual 10K: On flat railroad bed only**

**100% Race Fees Provide Free Digital Mammograms etc.**



## SUNDAY NOVEMBER 5th, 2017



**KITTATINNY VALLEY STATE PARK**

**199 GOODALE RD. NEWTON, NJ 07860**

**CHECK IN START: 8:00 am**

**RACE FEES:**

**1/2 Marathon START TIME: 9:30 am**

**PRE-REG: \$40 til 10/24 POST: \$50**

**10K START TIME: 9:45 am**

**PRE-REG: \$30 til 10/24 POST: \$40**

**SAME DAY REGISTRATION AVAILABLE for BOTH RACES!!**

**\*\* 3.5 HOUR CUTOFF for 1/2 MARATHON\*\***

**ONLINE REGISTRATION: [runsignup.com/Race/NJ/Newton/AlexasThunderRun](http://runsignup.com/Race/NJ/Newton/AlexasThunderRun)**

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

**1/2 MARATHON: CASH & TROPHIES: TOP 3 M/F \$125/\$100/\$75**

**MEDALS: TOP 3 M/F in 5 yr. AGE GROUPS: 15-19, 20-24, 25-29 etc.**

**10K: TROPHIES to top 3 M/F, MEDALS to top 3 M/F in 5 yr. Age Groups**

**LONG SLEEVE MOISTURE WIK SHIRTS: 1/2 Marathon Runners**

**LONG SLEEVE COTTON RACE SHIRTS: 10K Runners**

**“CAFE PIERROT” SOUP/HOT DOGS/HEALTH BARS/BOTTLED H2O**

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

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

**Course leaf blown + marked w white environmental paint**

**Checks made payable to “F2F” @ 37 Cambridge Rd. Lafayette, NJ 07848**

**SCWF/F2F has strict “No Refund” Policy in place since 10/2000**

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

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **ST** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**PHONE#** \_\_\_\_\_ **T-Shirts 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 SIGNATURE IF ATHLETE IS BETWEEN AGES OF 15 & 17)**