

SATURDAY DECEMBER 7th 2019

ALEXA's THUNDER RUN 13.1 / 10K TRAIL RACE

[100% Entrants Fees Fund Free Mammogram Program]

KITTATINNY VALLEY STATE PARK /199 GOODALE Rd./NEWTON, NJ 07860

CHECK IN :: 8:30AM

RACE FEES ::

START TIME: 13.1 > 10am

PRE-REG: \$60 / POST-REG:: \$70

START TIME: 10K > 10:15am

PRE-REG: \$30 / POST-REG:: \$40

[Minimum age for both races is 15 yrs.]

13.1 Must finish course in 3.5 hrs. 10K Must finish course in 1.5 hrs.

**OnLine Registration : RunSignUp.com/Race/Newton/NJ/Alexa'sThunderRun
SpectaSport.com > Timing/Results Posting /Kiosks@FinishLine for Insta Results**

**13.1 Trophies & Swag Bags to Top 3 M/F ...Medals to Top 3 M/F in 5yr. age groups
10K Trophies & Swag Bags to Top 3 M/F ...Medals to Top 3 M/F in 5yr. age groups
Hobo bags to All Pre-Reg & the 1st 150 SameDay Runners.**

**ALL RACE DETAILS/TRAIL UPDATES: friend2friendscwf.org/ @friend2friend_scwf
Course marked with Environmental Red Paint/Cones/S.S.R.C. Volunteers
Homemade Soups/Bread/Coffee/Fruit/Snacks/Bottled H2O/Gatorade**

Checks Payable to F2F CHECK EVENT: 13.1 _____ 10K _____

Name _____ Age _____ DOB _____ M_ F__

Address _____ City _____ St_ ZC _____

E Mail _____ Cell# _____ S M L XI

Waiver: In consideration of your accepting this entry, I, the undersigned, intending to be legally sound, herby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for any damages I may have against the sponsoring organization, SCWF/Friend2Friend, Kittatinny Valley State Park, and Andover Township, their representatives , successors, agents, servants, or employees, 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 under 18yrs of age}