

Autumn Equinox 5 Mile Trail Run and 5K Trail Run

Saturday September 18, 2021

Kittatinny Valley State Park

199 Goodale Road, Newton, NJ 07860

Adult (15+) Registration Fee:

\$30 through 9/6 | \$40 9/7 and after

Kids 14 and under: \$30 (5K only)

Runners must be 15+ for all mile races.

9:00 am

Race Day Registration, Check

In, Bib and Packet Pick-up

10:00 am

5 Mile Start Time

10:15 am

5K Start Time

Awards

5 Mile:

Medals to top 3 M/F in 5-year age groups, finisher medals, and F2F swag

5K:

Medals to top 3 M/F in 5-year age groups, finisher medals, and F2F swag

Kids 14 and under: Medals to top 3 M/F

Features

- Pizza, grilled hotdogs, fresh fruit, snacks, bottled water, Gatorade
- Free Drawings
- Courses marked with environmentally-safe white paint
- Timing and race results by Compuscore
- For maps, course descriptions, race details and trail updates: friend2friendscwf.com/autumn-equinox-trail-run/ or Instagram: @friend2friend_scwf

Online Registration: runsignup.com/autumn-equinox-trail-run

Make Checks Payable to "F2F", and mail to 37 Cambridge Road, Lafayette, NJ 07848

F2F has a strict **no refund** policy, in effect since 2000.

Please Check: 5 Mile _____ 5K (3.1 Mile) _____

First Name: _____ Last Name: _____

Age: _____ DOB: _____ M ___ F

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

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 any aid, assistance, direction or any other duty or obligation from the officials or agents.

Signature: _____ Date: _____

(Parent/Guardian if athlete is under 18)

friend2friendscwf.com | 100% of Race Fees Provide Free Digital Mammograms