

Summer Solstice 5 Mile Trail Run and 5K

Friday June 23, 2023

Kittatinny Valley State Park

199 Goodale Road, Newton, NJ 07860

friend2friendscwf.com/summer-solstice-trail-run

Registration

Adult (16+) Registration Fee:

\$30 through 6/15 | \$40 6/16 and after

Kids 14 and under: \$20 (5K only)

Runners must be 15+ years old for 5 Mile Trail Run.

Register by mail below or online:

runsignup.com/summer-solstice-trail-run

Awards

- Trophies to overall top M/F finishers
- 1st, 2nd, 3rd place medals to top M/F finishers in 5-year age groups
- Hobo bag and finisher medals for all runners

Schedule

5:00 pm

Race Day Registration, Check In, Bib and Packet Pick-up

6:15 pm

5 Mile Start Time

6:30 pm

5K Start Time

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

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2023 Summer Solstice Mail-in Registration

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: Summer Solstice 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)

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