# Boomer's Bangin' Soup Trail Run 10K and 5K
## Sunday November 8, 2026

Kittatinny Valley State Park Twin Lakes
313 Goodale Road, Newton, NJ 07860
friend2friendscwf.com/boomers-trail-run/

### Registration

$40 through 10/24 | $50 10/25 and after
***All runners must be 15+ years old for this trail event.***

Register by mail below or online:
runsignup.com/boomers-trail-run
Online registration deadline: 11/7 **by noon.**

### Schedule

| | |
|---|---|
| 8:30 am | Race Day Registration, Check-in, Bib and Packet Pick-up |
| 10:00 am | 10K Trail Run Start Time |
| 10:15 am | 5K Trail Run Start Time |

### Awards

- Awards and F2F swag to top 3 M/F adult finishers
- Medals in 10-year age groups for both events
  15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+
- T-shirts, Hobo bags & finisher medals to all participants

### Features

- Homemade soup, grilled hotdogs, fresh fruit, snacks, bottled water, Gatorade
- Timing and race results by Compuscore

100% of Race Fees Provide Free Digital Mammograms | friend2friendscwf.com | Instagram: @friend2friend_scwf

## 2026 Boomer's Bangin' Soup Trail Run 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: Boomer's Bangin' Soup Trail Run 10K _____ 5K _____

First Name:_____Last Name:_____

Age: _____ DOB:_____ M____F____ Shirt Size:_____

Address:_____

City:_____State:_____ZIP:_____

Phone:_____ Email:_____ Instagram:_____

### 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, Hillside Park, 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)