



# Summer 5K Race Series

**New Race Added! 1-Mile Time Trial**

June 21, 2023- July 26, 2023

Registration starts at 5:45 pm

1-Mile Time Trial - Ages 16+: 6:30 pm    5K: 6:45pm

MONMOUTH BATTLEFIELD STATE PARK, MANALAPAN

On site registration only

Come run the trails of Monmouth Battlefield State Park, Mile Splits for the 5K  
 Ages 8 - 15 - Half Mile Run 6:15 PM, Mile Run 6:20 PM  
 Followed by new 1-Mile Time Trial - Ages 16+ 6:30 PM

## AWARDS

- Top 3 Male and Female Overall - 5K
- Top 3 Male and Female in 10-Year Age Groups - 5K
- Top 3 Male and Female Race Walkers - 2.5 Mile
- Top 3 Clydesdales (200+) and Athenas (160+) - 5K  
 (No duplicate awards on above)
- Top 3 Male and Female Overall - 1-Mile Time Trial

Entry Fee: 5K .....	\$7.00
1-Mile Time Trial (16+).....	\$5.00
Both 5K and 1-Mile Time Trial.....	\$10.00
FARC members Cost per race.....	\$4.00
Students 22 and under Cost per race ....	\$2.00
Mile and Half Mile (per race).....	\$2.00
Both Mile and Half Mile (8-15).....	\$3.00

**RACE DATES: Every Wednesday night for the following dates**  
**June 21 • June 28 • July 5 • July 12 • July 19 • July 26**

We must prohibit *Strollers, Head Phones, Dogs and Runners in Costumes* in the Race.

**Come join FARC for a Summer of Fun, Running and Walking**

For our 41st Year of Great Running  
 Visit our website: [www.farcnj.com](http://www.farcnj.com) for results and club information

