

2017 Rock 'n' Roll Run Back to School

Monday, September 4th, 2017



From tots to masters, from first-timers to veterans, from serious to recreational runners, this family-friendly yet competitive event has a race for every age and ability. Event will be held rain or shine. **All are invited to participate!**

Please visit <http://RunBackToSchool.com> to register and find out more about the event. Find us on Facebook at <https://www.facebook.com/RunBackToSchool>.

Want to volunteer, sponsor, or have questions? Contact Angie or Rich Wojnar / (215) 756-2504 / awojnar@comcast.net

Registration

Register by September 1st at <http://RunBackToSchool.com>

- 5K Run / Walk: \$20
- 1 Mile Fun Run / Walk: \$15
- Tots Dash: \$10

Race day registration also available (fees will be \$5 additional on race day)

T-shirt included and guaranteed for each pre-registered participant and while supplies last for race-day registrants (additional T-shirts also available for purchase from online store on race website)

Team Competition

Compete as a youth or high school team or have a friendly competition among family and friends. Awards to top teams. Online pre-registration required.

Course and Timing Information

USATF-certified 5K course (NJ14002WB)
Professional chip timing at start and finish
Results posted on runsSignup.com

When and Where?

Race Date: Monday, September 4th, 2017
Race Location: St. Charles Borromeo School
2500 Branch Pike, Cinnaminson, NJ 08077
Race Day Registration: 7:30am - 8:45am
5K Run / Walk: 9:15am
Tots Dash: 10:00am
1 Mile Fun Run / Walk: 10:15am
Post-Race Awards Ceremony: 10:45am

Amenities & Perks

Music, food, and family entertainment, including fun activities for the kids

Free 5K training starting in July (sign up on the race website)

Recognition for first time 5Kers

Family & friends discount when registering 3+ participants online (\$2 per participant)

USATF member discount (\$2 for 5K - register online)

Complimentary elite entry for athletes (Qualifying times: Male - sub 16:30; Female - sub 19:00; check race website for how to apply)

Bib number raffle: Everyone has a chance to win

Awards

5K Run / Walk Individual Awards

- Cash to Top 3 Overall (Male and Female) plus free entry into 2018 race*
\$150 - 1st, \$100 - 2nd, and \$50 - 3rd
 - \$50 Cash Bonus for breaking course record to Overall Male and Female winners (Course records: Male - 14:53; Female - 17:12)
 - Awards to Top 3 (Male and Female) in Age Groups*
10 and under, 11 to 14, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, 70 and over
- *Overall winners by gun time...all others by chip time

5K Run / Walk Team Awards

- Awards to Top Team in following categories
Youth, High School Boys and Girls, Family and Friends

1 Mile Fun Run / Walk

- Awards to Top 3 Overall (Male and Female 14 & under)
- Awards to Top 3 (Male and Female) in Age Groups
6 and under, 7 to 10, 11 to 14

Awards to All Kids 14 and Under participating in any race