



# FROST ON THE PUMPKIN

**JAMES GENECKI MEMORIAL 9<sup>TH</sup> ANNUAL 10K ROAD RACE**

**Sunday, October 27, 2019 Rain or Shine**

**Denny Stadium, David Street, South River, NJ**

**Register Online:**



**[www.raceforum.com/frost](http://www.raceforum.com/frost)**

Events	Registration & Packet Pickup	Start Time	Fees	Awards
10K Road Race	7:30 - 9:15 am	9:30 am	\$20 received by Oct. 24th (no refunds)  \$25 day of Event	Shirts to all Pre and Post Registrants. Sizes will be available in M, L and XL only. No preordering of size. (while supply lasts)

Awards to top male and female 10K finisher.

Awards to top 3 male and top 3 female finishers in each age category (no duplicate awards)

- Course: Conditions vary, flat and hills
- Water Stops
- Post Race Refreshments for all participants
- Race starts and ends at Denny Stadium, David Street, South River
- Age: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

**Proceeds Will Benefit Disabled Children**

Questions? Please call 732-257-1999 ext. 118 and ask for Debbie or e-mail at [djones@southrivernj.org](mailto:djones@southrivernj.org).

