



FROST ON THE PUMPKIN

JAMES GENECKI MEMORIAL 6th ANNUAL 10K ROAD RACE

Sunday, October 30, 2016 Rain or Shine

Denny Stadium, David Street, South River, NJ

Register Online:



www.raceforum.com/frost

Events	Registration & Packet Pickup	Start Time	Fees	Awards
10K Road Race	7:30 - 9:15 am	9:30 am	(no refunds) \$20 received by Oct. 27th \$25 day of Event	Shirts to all Pre and Post Registrants. Sizes will be available in L and XL ONLY. No preordering of size. <i>(while supply lasts)</i>

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.

