



Somerset County Wellness Committee

presents



5K Race to Wellness

3.30.2019 • 6th Annual

Somerset County Wellness Committee in partnership with EmPoWER Somerset

Come run or walk with your family & friends at Duke Island Park!
Acquired in 1958, this 343 acre site has been developed to provide a wide variety of active and passive recreational opportunities and special events for park visitors!

Saturday, March 30, 2019

Duke Island Park, 191 Old York Road, Bridgewater, NJ 08807

5K - 9:00am start • Mile Walk - 9:05am start • Awards - approx. 10:00am

All proceeds from the race will help benefit Somerset County non-profits: EmPoWER Somerset, Somerset County 4-H and Somerset County Tourism

USATF Certified Course

AGE CATEGORIES:

10 & under • 11-14 • 15-19 • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70-79 • 80 & over

Awards for top 3 Overall Male / Female runners

Awards for top 3 Overall Male / Female - High School Championship

Shirts and goody bags to pre-registered runners (while supplies last)

Refreshments, food and music provided

Pre-registration Entry Fee - \$30.00 • Same Day Entry Fee - \$40.00

Seniors 60+ and Students 19 and under - \$20.00

USATF Member Discount - \$3.00

Registration opens at 7:30am or

pre-register (Entry Fee \$30.00) online at:

<https://runsignup.com/Race?raceId=14411>

or for more information call (908) 625-5925