



# RACE LOCAL!

3RD ANNUAL  
OCTOBER 12 & 13, 2019  
**PARTICIPANT  
GUIDE**  
and event information





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**13.1**

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# WELCOME TO YOUR RACE!

## BASE, BUILD, PEAK

It's a philosophy that my colleagues and I at [Pro-Activity](#) often recite to the athletes we coach, and one not only applicable in the world of endurance sports, but also in the world of community health events. It highlights the concepts of goal setting, preparation and training, perseverance and grit, teamwork, and ultimately, when done right ... achievement! I think when most people talk about endurance races they often talk about the finish line. We often hear, "What was your time? Did you PR?" And I guess it makes sense... after all the finish line can be a barometer with which to measure progress.

But Main Street was meant to be different... to be unique just like each and every one of our host towns... to be as much about the "build" as it was any peak. It was built to NOT be flat and fast, but to challenge you physically, mentally, and maybe even emotionally. It is meant to push you to your previously set limits, so that even with more steps forward, you'll be reminded of just how awesome you truly are. It's intended to foster new relationships, deepen friendships, and to facilitate a camaraderie that can only happen when good people work together in pursuit of worthy goals. It's meant to bring people out... to connect participants, supportive business and community groups alike, and ensure that regardless of role, each plays it to their best!

Three years ago when we started this thing we knew we had a "build" ahead.... That it would take consistent effort to bring people together and produce a community health event worth making a tradition, while raising funds to fight the opioid epidemic in Hunterdon. We realized early on that we'd lose some along the journey and that the "PR" seekers might be one and done. But we knew the right groups would find their way in and back. And so, while "The Peak" is always a highlight, and we can't wait to celebrate it alongside you at the finish, we hope that what you learned and who you connected with while building over these past few months provides at least as much to remember! We hope that as you traverse this challenging course, overcome it and #RiseToGlory... some of you for the third year in a row... that you'll remember in doing so that you're accomplishing something most others can't and doing it for a cause worth fighting for. We are so very grateful that you have chosen the Main Street Half Marathon, and are committed to building with us, as we collectively work for the communities we love.

### #RaceLocal

Eric Eisenhart

Managing Partner, Pro-Activity

Race Director, Main Street Marathon Series



## SCHEDULE OF EVENTS

### SATURDAY, OCTOBER 12<sup>TH</sup> IN CLINTON

**PACKET PICKUP:** Hunterdon Art Museum, 7 Lower Center St. . . . . **1:00 PM – 4:00 PM**

**EXPO AND VENDOR FAIR:** Main Street and Vicinity . . . . . **1:00 PM – 4:00 PM**

**SUPERHERO SPRINT:** Main Street . . . . . **3:00 PM**

**LIVE MUSIC:** Main Street and Vicinity (*See Event Details Page for Info*) . . . **12:30 PM – 4:00 PM**

**BEER GARDEN** Hunterdon Art Museum Terrace, 7 Lower Center St. . . . . **1:00 PM – 4:00 PM**

**CARB LOADING SPECIALS** Various restaurants on Main Street. . . **1:00 PM – 4:00 PM**

### SUNDAY, OCTOBER 13<sup>TH</sup>

**SHUTTLES TO START:** Liberty Village Lot, Flemington, . . . . . **6:30 AM – 7:00 AM**

**PRE-RACE ACTIVITIES:** DJ, Warmups, Fun! • Main St., Clinton . . . **6:30 AM – 7:45 AM**

**WALKERS START:** Main St. at The Red Mill Museum, Clinton. . . . . **7:30 AM**

**RUNNERS TO CORRALS:** Main St. Bridge, Clinton . . . . . **BY 7:55 AM**

**NATIONAL ANTHEM:** Main St., Clinton. . . . . **7:55 AM**

**FIRST RUNNER CORRAL START:** Main St. at The Red Mill Museum, Clinton . . **8:00 AM**

**SUBSEQUENT CORRAL STARTS:** Every 2-5 Minutes . . . . approx. **8:02 AM – 8:15 AM**

**FINISH LINE BAND THE BIG FUSS:** Stangl Factory, Flemington. . . **9:15 AM – 12:00 PM**

**POST RACE PARTY:** Stangl Factory, featuring *Blue Fish Grill and Lone Eagle Brewing*,  
Stangl Rd., Flemington . . . . . **10:00 AM – 2:00 PM**

**AWARDS CEREMONY:** Stangl Factory, Stangl Rd., Flemington . . . . . **10:30 AM**



## EXPO & PACKET PICKUP: OCTOBER 12<sup>TH</sup>

### SPEND THE DAY ON MAIN STREET, THERE'S LOTS TO DO!

From 1:00 PM until 4:00 PM on Saturday, October 12th Main Street in Clinton is going to be bustling with activities. See what we have planned below, as well as the map on page 18 for the lay of the land.

**EXPO & PACKET PICK-UP** Join us for our outdoor race expo complete with vendors, live entertainment, a beer garden for the adults and a Superhero Sprint and games for the kiddos! Check out a full listing of details on the [EXPO page](#) of our website!

On Saturday, 10/12 packets will be available for half marathon, relay and 5k participants at the [Hunterdon Art Museum](#) terrace just off Main Street, Clinton from 1:00 PM until 4:00 PM (**note: no race day packet pick-up**). But there's more, thanks to Expo & Sprint sponsorship from Sunken Silo Brew Works, Provident Bank, Le Salon Bleu, Hunterdon Medical Center and the Clinton Guild. Come out and enjoy the **Main Street Half Marathon of Hunterdon** Expo from 1:00 PM – 4:00 PM and soak in some of the following features:

**PACE TEAM & COURSE EXPERTS** We're so grateful to have back pace leaders from BaseCamp Athletic Club and course physical therapists and strength and conditioning coaches from [Pro-Activity](#), BC-AC, the athletic arm of our charitable partner [BaseCamp 31](#), and Pro-Activity our parent organization have been instrumental in ensuring athletes are on track, prepared, and cross the finish line healthy and on-time! Look for these groups at packet pick-up for course insight!

**BEER GARDEN & PASTA PARTY** Can you say carbs? Thanks to [Sunken Silo Brew Works](#) and the [Academy of Prevention and Health Promotion Therapies](#), we'll be stocked full of craft brews on the Art Museum terrace. Need a little more pre-race carb loading? Check out local favorites [Dora](#), the [Towne Restaurant](#), or the [Clean Plate](#) and carb up on their various pasta, pancake or custom entrees!

Catch a perfect spot to watch the Superhero Sprint kids race and enjoy some acoustics and entertainment from local musicians!

**VENDORS AND OFFICIAL "MERCH"** Whether you stopped aging years ago or are still celebrating birthdays with the kiddies, who doesn't love a "goodie bag"? Participants will love their custom "RUN MAIN STREET" tech shirt as well as giveaways from local businesses and sponsors. But there's more...

Shop the Official Merch at the pop up store near packet pick-up, brought to us by [One Room Studio](#).

Forget something for race day? No problem. Stroll the town to meet a few of our Main Street Merchants, Sponsors and Vendors who are participating in the EXPO!

**LIVE ENTERTAINMENT** Seriously, folks, this is some line-up! These talented musicians will be out and about during the EXPO. Be sure to check them out at these downtown locations:

- 12:30 PM: [Coo Coo Cachoo](#) Hunterdon Art Museum
- 2:00 PM: [Olivia Terpin](#) Hunterdon Art Museum
- 3:00 PM: [Showoff Productions \(DJ\)](#) Art Museum
- 1:00 - 4:00 PM: *Wonder Woman Natalie Snow*  
[Jungle Dave's Magic](#) throughout Main Street

**KIDS ACTIVITIES:** What family-friendly event would be complete without things for the kids to do? Check out these highlights:

- *Henna & Face Painting Artists at the Hunterdon Healthcare & Health Quest booths*
- *"Superhero City" Photo Ops at the Basil Bandwagon booth near Main & Leigh Street*
- *Pumpkin Picking - Clinton Guild at Jayne's Hallmark*
- *"Just Say No" kids banner and Kids Games - Hunterdon Art Museum (near the beer garden!)*
- [Superhero Sprint](#) kids race on Main Street (see Page 6 for Details)



## SUPERHERO SPRINT: OCTOBER 12<sup>TH</sup>, 3:00 PM

### THE YOUNG HEROES WE NEED!



Faster than a speeding bullet... bring your superhero, in their favorite costume, out for a fun sprint down Main Street Clinton, and enjoy a fall afternoon in NJ's most picturesque small town! The **Superhero Sprint**

kids race, in its second running, will begin at 3:00 PM and add to the family friendly nature of the weekend events! Why? Healthy behaviors start young! But more than that...let's be honest...because it's cute and awesome all at the same time!

**Please note, due to the demand of this event, day of registration may NOT be available so register early!**

### SPRINT SCHEDULE

- **Pre-Register Online at [superherosprint.itsyourrace.com](http://superherosprint.itsyourrace.com)** (capes for the first 200 registrants only)
- **1:00-2:00 PM Race Check-In (Don't Be Late! Kids are required to have a race bib in order to participate!)** next to Heartstrings
- **3:00 PM Superhero Sprint Start** (near Main & Leigh St) Sprinters will go off in waves according to ages. Parents are encouraged to participate with children who need support or may get nervous being separated temporarily.
- **FINISH LINE** Please note: Superheroes will be held near CitiSpot and will be released to parents who have their superhero's corresponding bib tag.

## Hunterdon Pediatric Associates

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908-782-6700  
Reading Ridge Center  
8 Reading Rd.  
908-788-6070

**HILLSBOROUGH**  
286 Route 206  
908-237-4008

**WASHINGTON**  
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6 Clubhouse Drive  
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## EXPO: PARKING, LODGING, DINING

**PARKING LOTS** The following is a list of municipal lots, and business and community establishments that have graciously agreed to let us to use their lots for parking. If you park in another business's lot, you are doing so at your own risk.

- Global Ag parking lot – 19 West Main Street
- Municipal lot - Lower Center Street
- Municipal lot - Water Street
- Municipal lot – 43 Leigh Street
- Clinton Presbyterian Church - 91 Center Street
- Clinton Fire Department – 1 New Street
- Community Center – 63 Halstead Street
- Clinton Public School – 10 School Street
- Unity Bank - 64 Old Hwy 22
- Fox Lumber - 11 West Main Street

**LODGING** The Clinton & Flemington areas offer multiple large chain hotels, as well as numerous bed & breakfast establishments, and many available rooms on sites such as AirBNB.

**DINING** You won't have a problem finding someplace to eat when you're in Hunterdon County! In addition to food vendors including the Clinton Fire Department (grilled items), the Marie Daily Food truck booth (fried apple pie), or the many Main Street and local restaurants, it's easy to find traditional American, Mexican, Asian, Italian, Spanish, Seafood and Farm-to-Table available throughout the area. Ask our volunteers for their favorites, and be aware that some places are so popular that you may want to contact them directly to ask about reservations.



Good Luck to all of the  
Superhero Sprinters  
and  
Half Marathon Runners!

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## EXPO: VENDORS & MORE

### RACE LOCAL. SHOP LOCAL. SUPPORT LOCAL!

Today's EXPO and Superhero Sprint is produced in conjunction with the Town of Clinton and the Clinton Guild. We are pleased to coordinate efforts and bring together a wide array of vendors, local merchants, musicians, restaurants and other entertainment, as well as health and running community-specific needs. Please take some time to check them out in person at the EXPO, and use the links below if you want to find out more about them.

[A Touch of Healing](#)

[ACRE Windows and Doors](#)

[Addicted Jeans](#) – Main Street

[Allergy Break Through Center](#) – Main Street

[Alliedsmiles Orthodontics](#)

[Athleta](#) – Sponsor

[Audio Video Synergy](#) – Main Street

[BaseCamp Athletic Club](#) – Pace Leaders & Race Info Booth

[Basil Bandwagon Natural Market](#) – Sponsor

[Beyond Bijoux](#) – Main Street

[Christine's Bath and Gift Boutique](#) – Main Street

[Chameleon Blue Handmade & Fair Trade Gifts](#) – Main Street

[Clinton Bike Shop](#) – Main Street

[Clinton Fire Department](#) – Food Vendor

[Clinton Presbyterian Church](#)

[Clinton Guild](#) – Sponsor

[Clinton United Methodist Church](#)

[Club Pilates – Flemington](#) – Sponsor

[Color Street](#)

[Coo Coo Cachoo](#) – Main Street Music

[Costco](#) – Sponsor

[Designer Dawgs](#) – Main Street

[Dora's Restaurant](#) – Pasta Specials!

[Embodied Art Therapy & Yoga LLC](#)

[Goddard School](#) – Sponsor

[Goodr Sunglasses](#) – Supporter

[Grounded For Life Cafe](#)

[Health-Quest](#) – Sponsor

[Heartstrings](#) – Main Street

[Hill Runners of Hunterdon Running Club](#)

[Hunterdon ART Museum](#) – Lower Center St.: Packet Pickup!

[Hunterdon Medical Center Foundation](#) – Sponsor

[Hunterdon County Prosecutors Office](#)  
– Prescription Drug Take Back Day

[JackRabbit Running Co](#) – Pop-Up Shop for Runners – Sponsor

[Jaynes Hallmark](#) – Main Street

[JJ Scoops Ice Cream](#) – Main Street

[Jungle Dave's Magic](#) – Children's Entertainment

[Just Chill FroYo](#) – Main Street

[Le Salon Bleu](#) – Main Street – Sponsor

[Lil Love Bugz LLC](#)

[Loew and Patel Orthodontics](#) – Sponsor

[Lululemon](#) – Supporter

[THE MAX Challenge of Clinton](#) – Sponsor

[Made To Order Jewelry & Gifts](#) – Main Street

[Magical Vacation Planner by Dina Given](#)

[Marie Daily](#) – Food Vendor

[Music Together](#)

[Nex Level Sports](#)

[NoxGear](#) – Supporter

[One Room Studio](#) – Official Merch Shop!

[PLApron](#)

[Pro-Activity](#) – Presenting Sponsor!

[Pure Barre](#) – Sponsor

[Radiology Associates of Hackettstown](#)

[Sunken Silo Brew Works](#) – Expo Presenting Sponsor  
and Official Beer Garden Beer

[The Red Mill Historic Village](#) – Main Street

[Touch of Healing](#)

[YMCA](#) – Sponsor

[Zyia with Bridgette](#)

**BOLD** = Main Street Merchants & Strategic Partners

**RED** = Featured Highlights



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TO ALL  
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## MSHM OFFICIAL MERCHANDISE

### CUSTOM DESIGNS TO SHOW OFF YOUR ACCOMPLISHMENT!

Limited quantities available at EXPO (near packet pickup). What's left will be available at the post-race party.



**#risetoglor T-Shirt** Next Level Blend. Men's or Women's Cut. You rose to glory, wear the shirt to brag about it! **\$20**



**Logo Hoodie** Gildan 50/50. Unisex. Classic, comfy **\$30**



**Pitch Performance Cap** Lightweight, adjustable, with reflective piping in brim **\$15**



**Die-Cut Sticker** Full color logo, crack and peel, weatherproof. Great indoors or out. **\$3**



**Car Magnet** Full color graphic printed on magnet. Show off! **\$5.00**



**Indoor Magnet** Full color laminated graphic. Fridge Bling! **\$2.50**



**Pint Glass** Full color logo, great for your favorite beverage **\$6**



**2018 "Town" T-Shirt** Gildan Dryblend. Unisex. Colors as seen in our logo. Wear your colors! **SALE! \$6 or 2/\$10**



## OUR CHARITABLE PARTNERS

### A Cause Worth Fighting For

It's not quite like anything we've seen before. Largely because it appears to be of our own doing. It is our sincere hope that in addition to impacting the running community, the **Main Street Half Marathon of Hunterdon** provides a positive outlet, at the grassroots level, for those who have been impacted by addiction, as well as a prevention resource and promotion campaign to those needing to hear the message. Since 2017 this event has helped scholarship local residents into the care they need, and has provided various evidence-base pain-science and opioid addiction prevention programs to area schools.

In 2019 we are pleased to again be teaming up with [Academy of Prevention and Health Promotion Therapies](#) and the [Municipal Alliance of Hunterdon County](#) to bring prevention programs and efforts into local schools and the Hunterdon County Prosecutors who will be bringing a Rx Drug "Take Back" box to this year's expo so that we may ensure our homes continue to be safe for those we care about.





## RACE DAY: RUNNER & SPECTATOR INFO

### HOW TO NAVIGATE RACE DAY LIKE A PRO!

**PARKING & SHUTTLE TRANSPORTATION** Parking for participants will be available near Liberty Village Outlets in Flemington ([INTERACTIVE MAP HERE](#)) where a complimentary shuttle will be provided. It leaves Flemington between 6:45 AM and 7:00 AM, heading for an arrival at the starting line no later than 7:30 AM. **IMPORTANT: Shuttle is for Participants only. No spectators will be allowed to board. 5K participants must park in Clinton near the start.**

Shuttles, generously provided by our friends at [Hunterdon County ESC](#) (with a portion of event proceeds benefiting their “Hooked on Fishing, Not on Drugs” program), **will begin loading at 6:30 AM** and the last shuttle will leave **NO LATER than 7:00 AM** (don't be late!). When arriving, form a line outside the parked bus and make sure your bib is visible so one of our volunteers can check you in prior to boarding. Once a bus is filled it will be sent to the start.

**Please Note: walkers will be sent off at 7:30 AM so please either get on bus #1 or arrange your own transportation to the start.**

Those taken by the shuttle will be dropped near the start at the intersection of Main & Halstead Streets and will have less than 2 blocks to walk to the corrals. Listen for the music provided by **Doctor D Entertainment** and look for the hundreds of other anxiously awesome participants waiting the gun!

**STARTING LINE** Corrals will form starting on the Historic Iron Bridge as runners wait to be released out of Main Street, Clinton at the Iconic Red Mill.

**Gun Time for Walkers is 7:30 AM.**

**Gun Time for Runners is 8:00 AM**, with waves released within 2 to 5 minute intervals.

Please note: Halstead/Leigh Street will be open to traffic so please be mindful of safety.

**WAVE STARTS** Participants will go off in waves, based on estimated finish time. Corraling will begin near and on the bridge overlooking the Red Mill and Hunterdon Art Museum.

Please pay attention to corral signs and instructions. The race is chip timed, so your time begins as you cross the start line. There is no need to move up a corral. In fact, it could be dangerous for you and runners around you that expect you to be moving at a different pace. Runner waves will begin being released at 8:00 AM sharp!

**PLEASE NOTE: Walkers will have a 7:30 AM start.**

**MUSIC** From Start to Finish you'll have places along the way to get you moving to the beat. Here's some highlights, and you may find a few surprises on the way.

- Starting line - *Doctor D Entertainment*
- Mile 2.75 - [Showoff Productions](#)
- Mile 3.5 - [Ed Jankiewicz](#)
- Mile 5.5 - [Disbanded](#)
- Mile 6.5 - *Drop It Like It's Not*
- Mile 8 - [Street Friars](#) and *HCHS Cheerleaders*
- Mile 9 #RiseToGlory: [Cliff Roberts Bag Pipes](#)
- Mile 10.5 - [HerFitness](#) & *Friends*
- Finish Line: [The Big Fuss](#)

### SPECTATOR INFORMATION

#### FOLLOW YOUR RUNNER TO FLEMINGTON

There are a few key spots along the route that will give you an opportunity to catch sight of the runners and cheer them on. Look for the megaphone icons on our maps in this book, or use [THIS INTERACTIVE ONE](#).

**“LOUDMOUTH” (CHEER) ZONES** Let's be honest... everyone knows a “Loudmouth” or two...the difference, in this social setting, they are EXACTLY the people you want to see! With a whistle or a cowbell, or just literally a loud mouth...they know just how to lift your spirits when you're churning out the miles. There will be MANY “Loudmouths” out on the course this year, but if you've got that one special “Loudmouth” in your life (who doesn't?), tell them to target near mile 2.5 at the intersection of Hamden Rd. & Lower Landsdown, again near mile 5 (access via Lilac Drive) at the intersection of Kiceniuk and River Rd., and then again near the “Rise to Glory” at approximately mile 9.5 near the intersection of Sand Hill Rd. & Thatchers Hill, before heading towards the finish.



## RACE DAY: COURSE LOGISTICS & SAFETY

### LACE 'EM UP TIGHT!

**COURSE** We're runners first, not elites, but "age-groupers" just like you. So lace 'em up tight... you're about to do something AWESOME! On top of some of NJ's most beautiful scenery, we've got you heading down country roads, groomed trails, along a "babbling river", over a few rollers, past a horse farm or two...up the "Rise to Glory" at mile 9 – a climb with revolutionary roots, and finally a rocking finish! The perfect mix of distance, hills, and speed...a challenge you can feel amazing having achieved!

While the 5k option is, as they say, "flat and fast", this is not your Grandma's Half Marathon (wait, did your Grandma do half marathons? Wow, that's a lot to live up to!)...or as a 2017 alumni said, "There's your PR and then there's your Main Street PR"; or as we say, "if it was easy, it's probably not worth bragging about". The challenge IS the good part...and modeled in part after our favorite race a few miles north that has a "heart-breaker" with about 3 miles to go...we've got one that will test you to RISE UP and Embrace the Glory!

The course will remain open for 4 hours, and will have plenty of aid stations (6) stocked with water and Gatorade, nutrition at the aid station near mile 5.5, and a little "homestyle" apple pie around mile 8 to fuel the climb! Of course there will be plenty of entertainment, loudmouths, and additional challenging fun along the way!

More course details can be found in our detailed run-through of the entire course, beginning on page 27, as well as our maps in this book, pages 17 to 26. ([INTERACTIVE MAP HERE](#)). **However, please note the following important course information:**

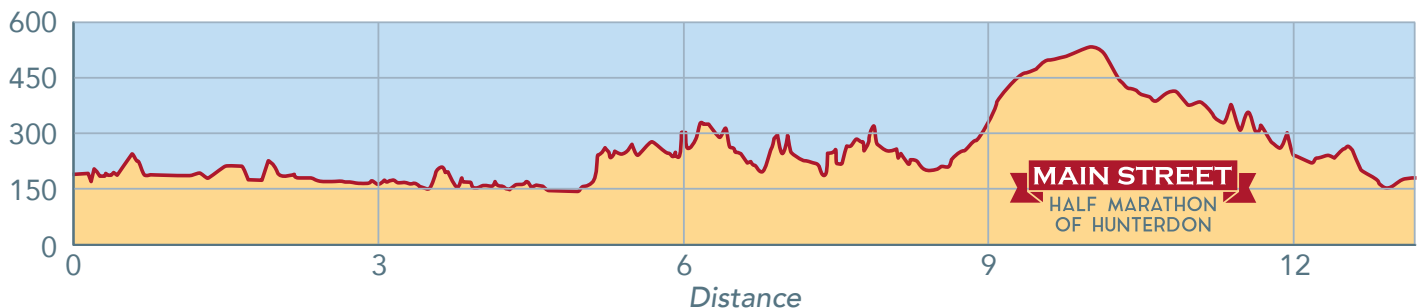
**MANY ROADS ARE OPEN TO TRAFFIC** Though out in "the country" you're more likely to run into a deer than a car, please be mindful of traffic!

**KEEP LEFT!** With the exception of a couple areas that will be indicated with signs, **please heed this rule**. There will be cones and signage to remind you, but please keep to the left of the roads to ensure safety!

**IF YOU NEED HELP** While Emergency Medical Services will be positioned throughout the course, aid stations and medical professionals can be found at the following approximate locations:

- **Mile 2** - Water, Gatorade, Medical Aid
- **Mile 3.5** - Water, Gatorade, Port-a-John, Medical Aid
- **Mile 5.5** - Water, Gatorade, GU Energy Gels, Medical Aid
- **Mile 8.1** - Water, Gatorade, Apple Pie, Port-a-John, Medical Aid
- **Mile 10** - Water, Gatorade, Medical Aid
- **Mile 12** - Water, Gatorade, Port-a-John, Medical Aid

### Elevation Profile







## RACE DAY: COURSE LOGISTICS & SAFETY

### LISTEN TO YOUR BODY

**SAFETY** Through joint efforts from the Hunterdon County Office of Emergency Management, and police departments from Clinton, Franklin Twp., Clinton Twp., Raritan Twp., and Flemington Boro, along with Emergency Medical Services from Clinton and Flemington, we're working with some of the best to keep you and yours safe in this event! Please pay close attention to your exertion and hydration levels, and listen to your body while out on the course.

Pro-Activity's team of Physical Therapists will be back again, led by [Dr. Justin Bagley](#), who has coordinated triage efforts at some of the largest events in the tri-state area (most notably Ironman NYC in 2012). Dr. Bagley and his team will be stationed at water stops throughout the course and available to consult on unexpected musculoskeletal issues that may arise while racing. Please note, in the event you are not able to

complete the race, you must notify a race official or member of Dr. Bagley's team (look for them in bright red shirts)!

### AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the <b>RED</b> line, you are
5		<b>DEHYDRATED</b> and at risk for cramping and/or a heat illness!!
6		<b>YOU NEED TO DRINK MORE WATER!</b>
7		
8		



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- Early Learning & Preschool
- Family Events
- Swim Lessons for all ages
- Sports & Enrichment



[www.hcymca.org](http://www.hcymca.org)

**GOOD LUCK TO ALL PARTICIPANTS!**

Thank You For Visiting Our Town

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## RACE DAY: RELAY & 5K INFORMATION

### IT TAKES TWO!

**BIBS, TIMING AND LOGISTICS** If you signed up for the relay, both members of your team will receive relay-specific race bibs, shirts, and all the same swag as the rest of the runners. Your bibs will both have timing chips on them—Runner 1 will receive a timed result from race Start to the Transition zone, and Runner 2 will receive one from the Transition Zone to the Finish. Your team will receive an overall result based on combined times of Runner 1 and Runner 2. Your results will be listed by team.

**THE TRANSITION ZONE** After the race starts, the second leg runners should make their way to the transition zone to await their team member (see transportation information below). We will have a spotter out on the course as runners approach the transition zone. When Runner 1 of your team comes into view, we'll announce their approach to a second volunteer who will let Runner 2 know it is time to enter the Transition Area for the hand off. A third volunteer will be directing relay runners into the appropriate lane for the transition while the rest of the runners enter the pass-through lane for their split time. It is important that both runners cross the Transition Zone timing threshold together so we have a finish time for Runner 1 and a start time for Runner 2. Please see the [Transition Plan map on page 19](#) for a detailed schematic of this area. **Runner 2: please discuss timing with your partner to ensure that you will be ready to go when they approach the transition!**

After Runner 2 heads out, Runner 1 will receive their race medal, and can grab some water or Gatorade before making their way to the finish line to cheer on their teammate.

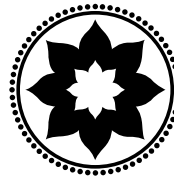
**RELAY TRANSPORTATION** We will have transportation on race morning from the Finish to the Start. We will also have transportation from the Start to the Transition Zone—at 8:15 AM (15 minutes after the race is under way). We will have all of our second leg Runners board a shuttle to the Transition Zone. The shuttle will be waiting on East Main St. at Leigh St. in Clinton. ([INTERACTIVE MAP HERE](#))

**IMPORTANT:** There will not be a shuttle from the Transition Zone to the Finish area, so if you both take the bus to the Start, you should arrange to have a friend or family member wait at the Transition Zone to drive Runner 1 to the Finish.

**OUR RECOMMENDATION:** If you want total flexibility of transportation, relay teams can meet at the Finish Area Parking (see map) in the morning, leave one car there and then drive together to the start. After dropping off Runner 1, Runner 2 should drive down to the Transition Zone. Runner 1 would then drive that car down to the finish so that both Runner 1 and Runner 2 will have their cars after the race. *If you choose to do this, make sure you both have the right sets of keys before the race starts!*

### BUCK THE TREND

**5K INFO** So you want to do something different, eh? That's cool, we like different! **New in 2019** we've added a **5K** option. All registered 5K participants will line up in corral 4 / wave 4 at the start and be released with all other half marathon and relay participants at that time. Lucky you, this is about the only "flat and fast" component of the course... and since you're all down to "buck the trend", how fitting that you'll be finishing at Camp Buck Road with our friends at the Hunterdon County YMCA. Upon finish you'll be shuttled back to the starting area. Our recommendation - park near the start and upon your return, find your car quickly and head down to the party at Stangl Road (enter through Liberty Village entrance on Rt. 12 to avoid race traffic)! **5K participants must park in Clinton near the start!**



**CLUB PILATES  
FLEMINGTON  
BRIDGEWATER  
PRINCETON**

**Stay Strong!**

**Have an  
awesome  
race day**

# EXPO ACTIVITIES MAP : DOWNTOWN CLINTON



**KEY:**

**MSHM START AREA**

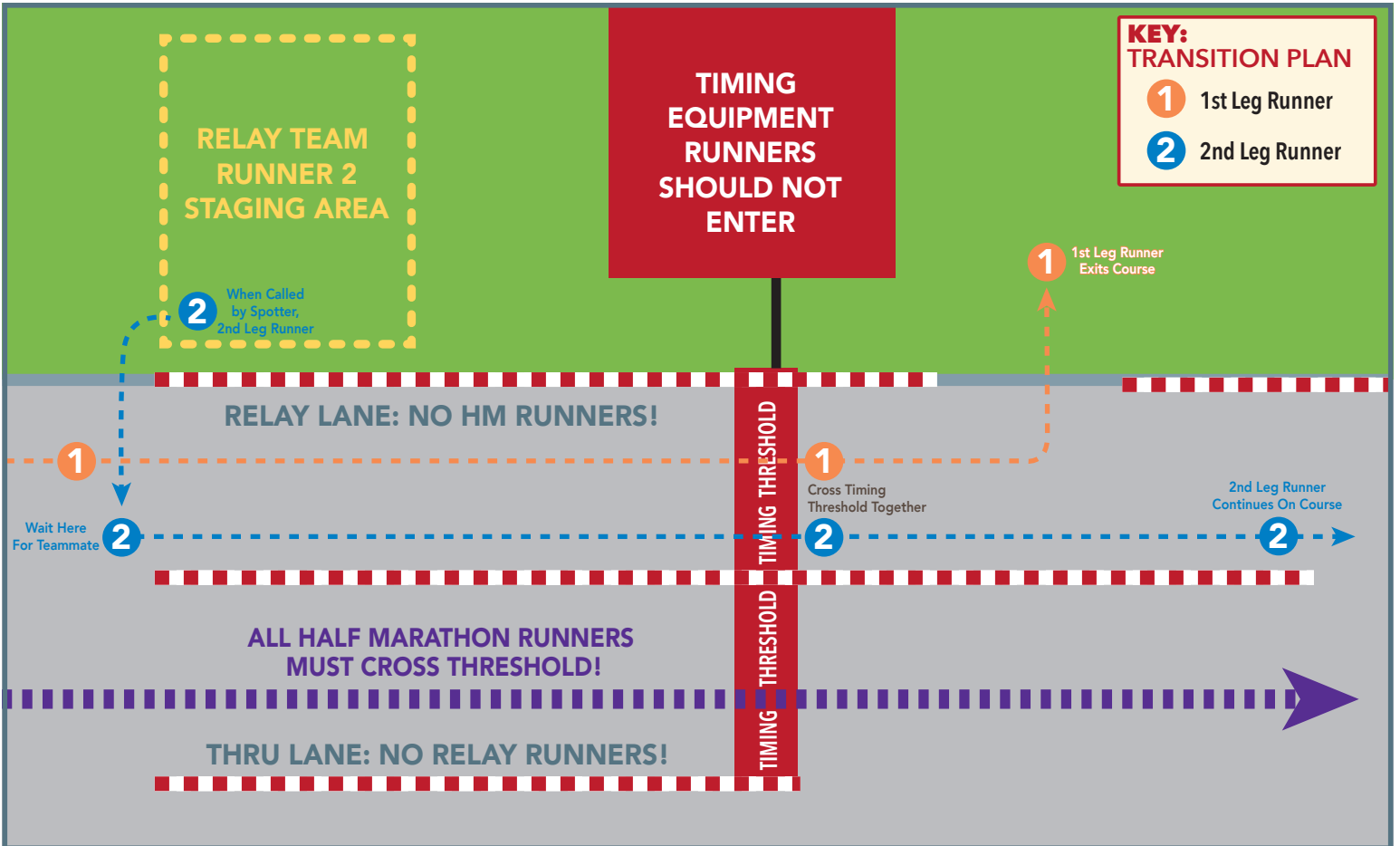
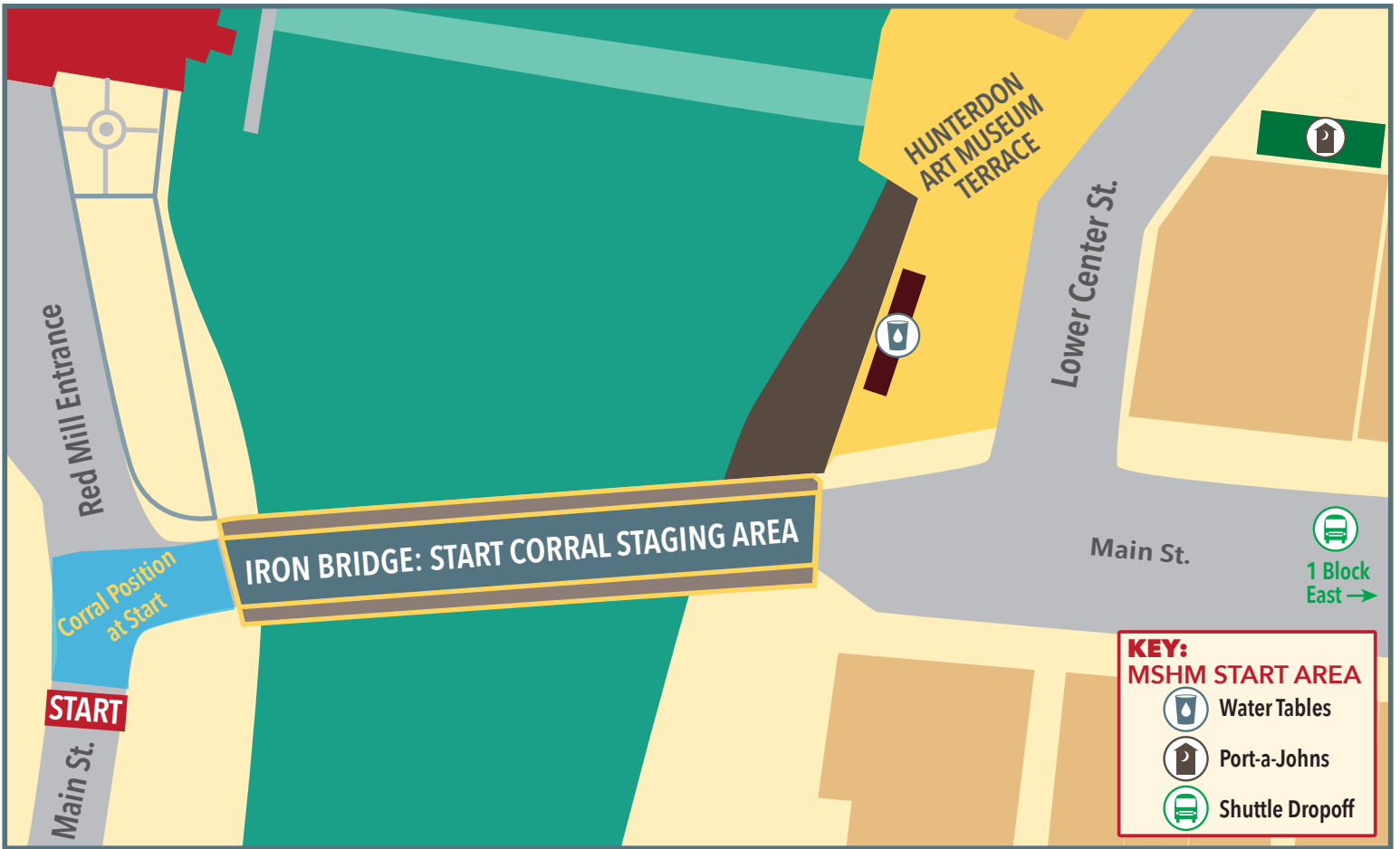
- Check-In: Half & 5K
- Beer Garden
- Food Merchants
- Pasta Special
- Music
- Port-a-Johns
- Parking Lots

# PACKET PICKUP MAP : HUNTERDON ART MUSEUM



**MAP:**  
PACKET PICKUP  
@ HUNTERDON ART MUSEUM

# STARTING AREA MAP & RELAY TRANSITION PLAN





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HealthQuest, a premier Athletic, Fitness and Wellness Club founded in 2001, boasts an impressive 104,000 square foot facility on a 38 acre campus. The newly renovated facility is located on Route 31 in scenic Hunterdon County, NJ. HealthQuest is a family-friendly club that offers all-inclusive children's programs, over 150 group fitness classes, 2 state-of-the-art fitness centers, Pilates Studio, an outdoor pool and indoor pool, track, & basketball courts.

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to all the runners & the HQ Running Club!  
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**Rise To Glory!  
Have a great race!**

MAIN STREET HALF MARATHON OF HUNTERDON

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**Rise to Glory!**

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Flemington, NJ  
Greenwich, NJ  
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Yardley, PA

CLINTON

UNION  
TWP

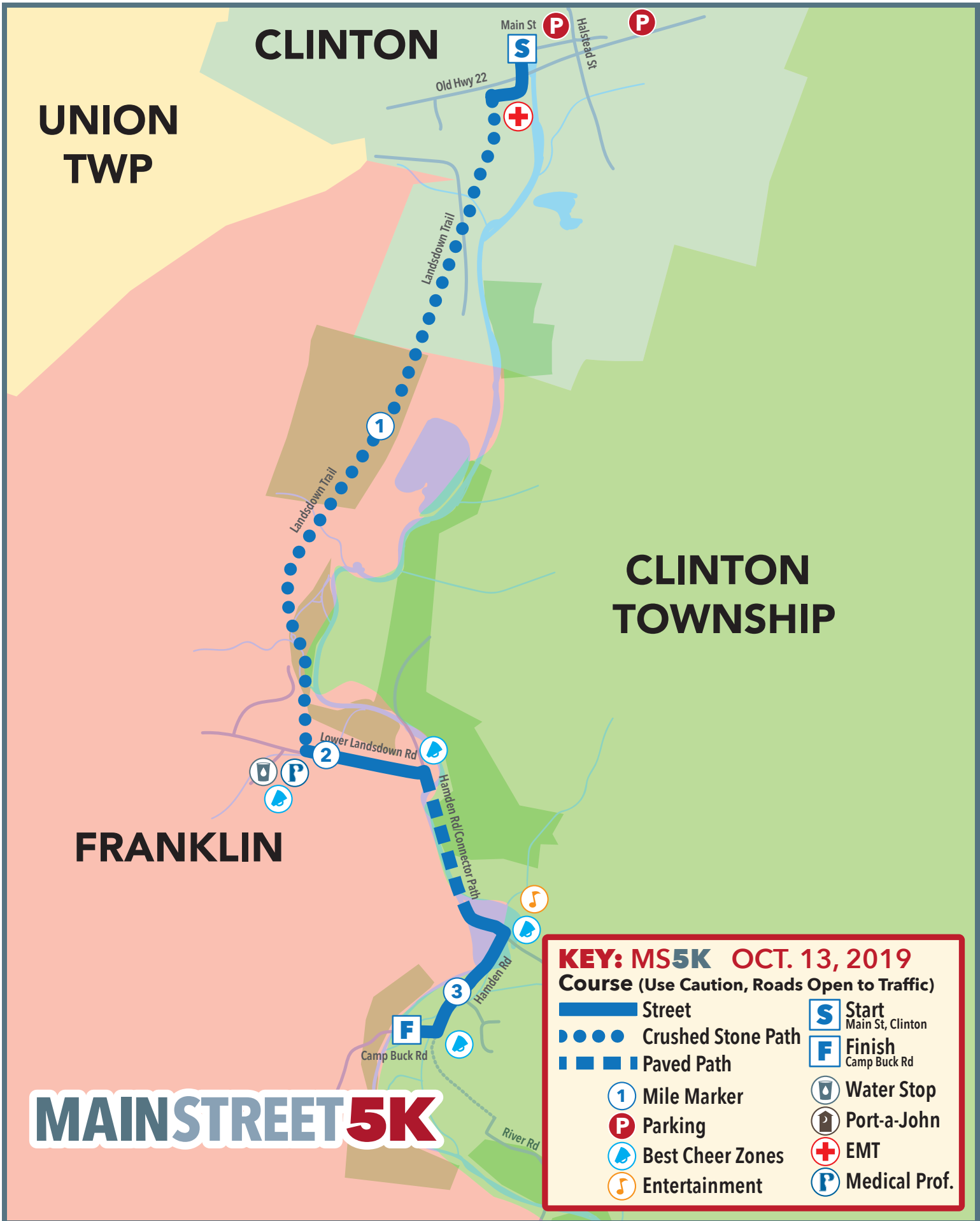
CLINTON  
TOWNSHIP

FRANKLIN

MAINSTREET 5K

**KEY: MS5K OCT. 13, 2019**  
**Course (Use Caution, Roads Open to Traffic)**

-  Street
-  Crushed Stone Path
-  Paved Path
-  Mile Marker
-  Parking
-  Best Cheer Zones
-  Entertainment
-  Start  
Main St, Clinton
-  Finish  
Camp Buck Rd
-  Water Stop
-  Port-a-John
-  EMT
-  Medical Prof.



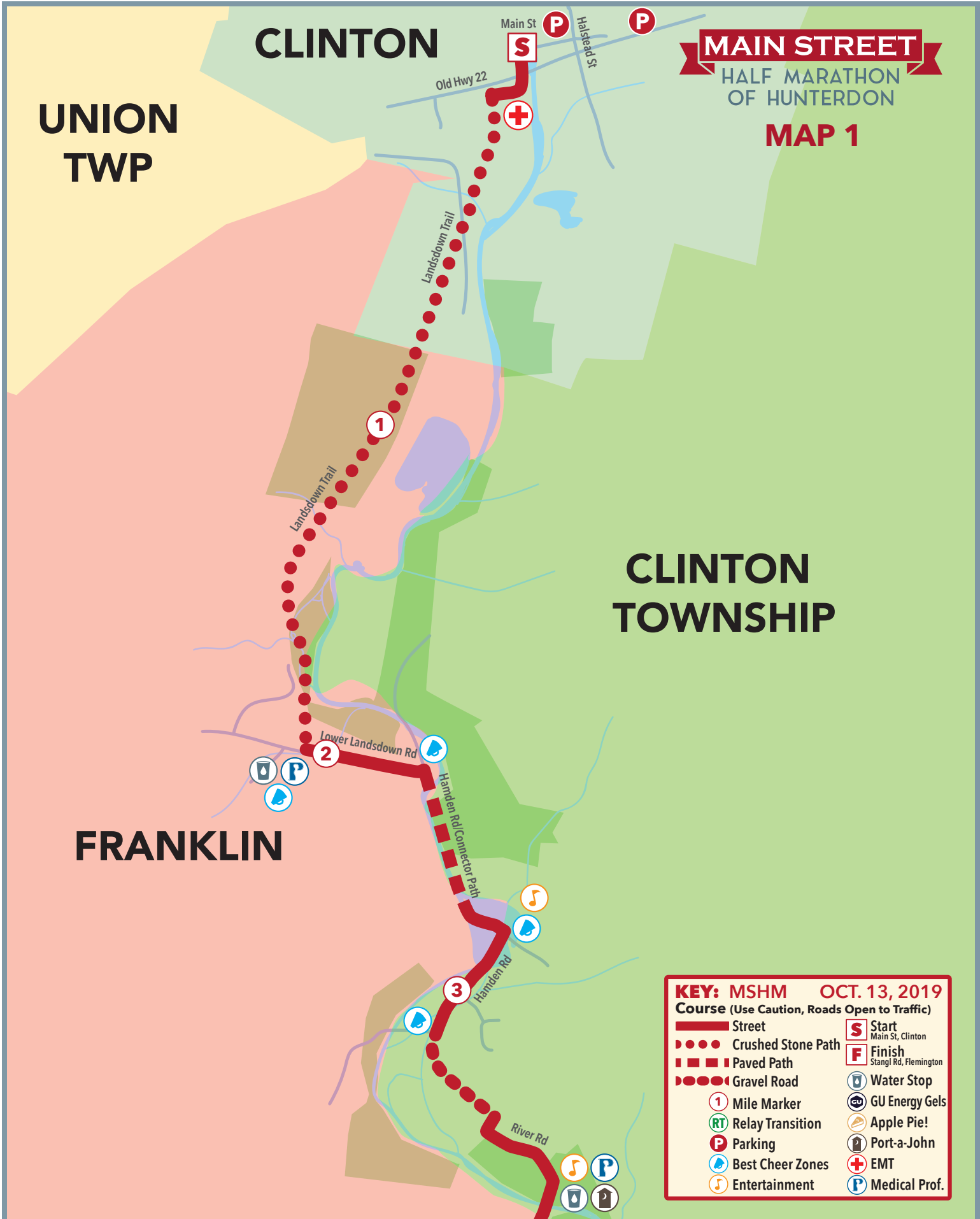
# CLINTON

UNION  
TWP

## MAIN STREET HALF MARATHON OF HUNTERDON MAP 1

CLINTON  
TOWNSHIP

FRANKLIN



**KEY: MSHM OCT. 13, 2019**  
**Course (Use Caution, Roads Open to Traffic)**

Street	Start Main St, Clinton
Crushed Stone Path	Finish Stangl Rd, Flemington
Paved Path	Water Stop
Gravel Road	GU Energy Gels
Mile Marker	Apple Pie!
Relay Transition	Port-a-John
Parking	EMT
Best Cheer Zones	Medical Prof.
Entertainment	

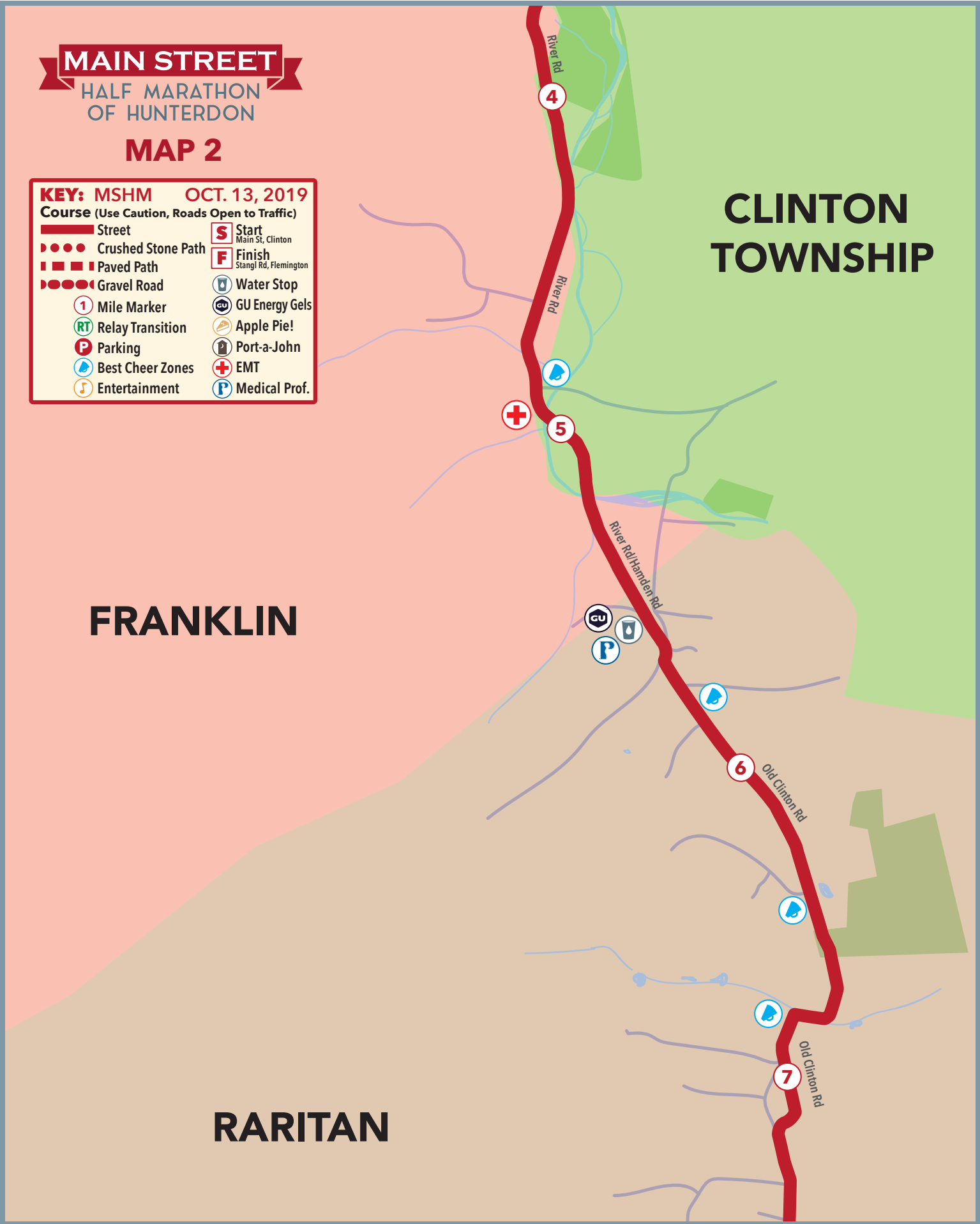
continued on MAP 2



# MAIN STREET HALF MARATHON OF HUNTERDON MAP 2

**KEY: MSHM OCT. 13, 2019**  
**Course (Use Caution, Roads Open to Traffic)**

Street	Start Main St, Clinton
Crushed Stone Path	Finish Stangl Rd, Flemington
Paved Path	Water Stop
Gravel Road	GU Energy Gels
Mile Marker	Apple Pie!
Relay Transition	Port-a-John
Parking	EMT
Best Cheer Zones	Medical Prof.
Entertainment	

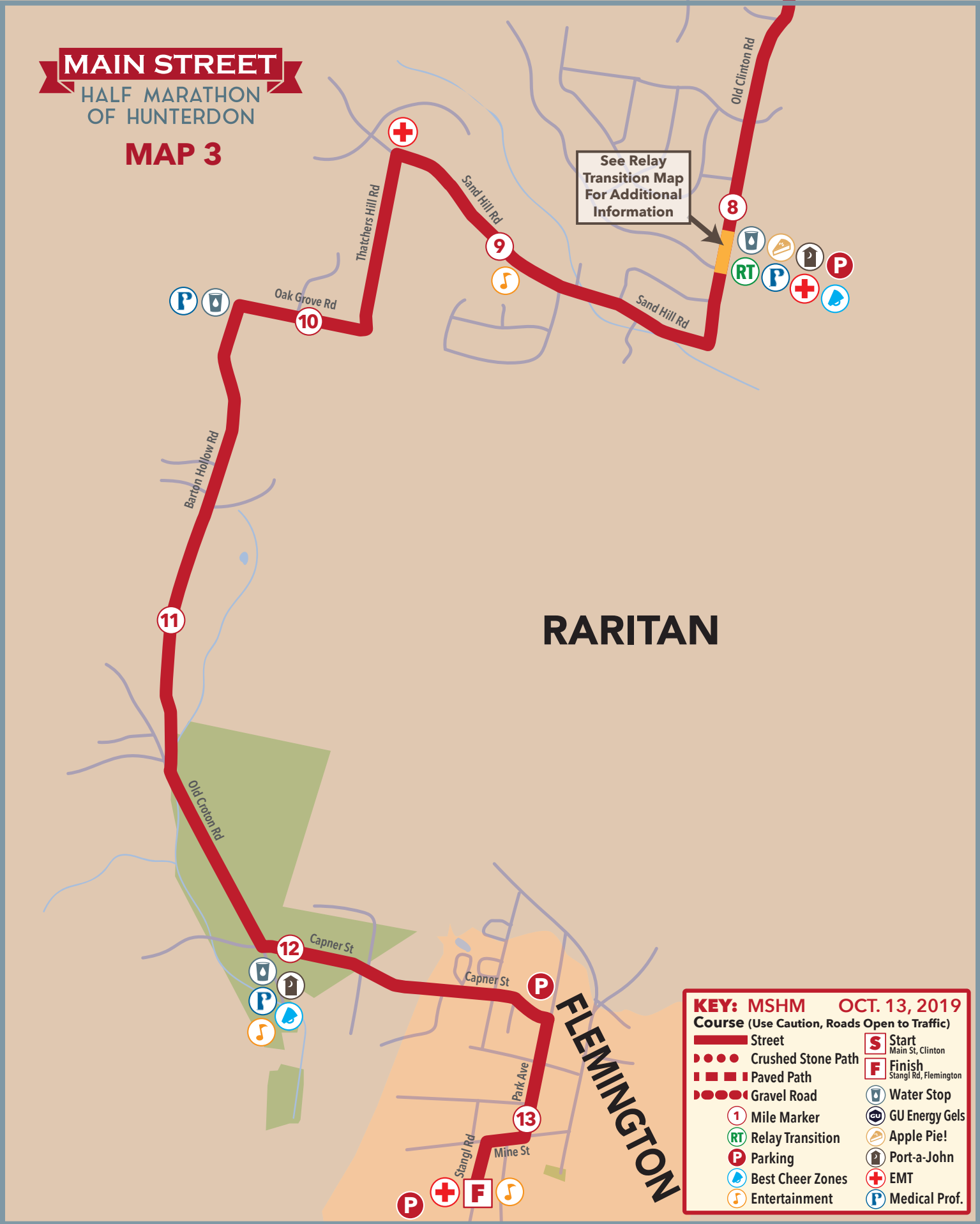


## CLINTON TOWNSHIP

## FRANKLIN

## RARITAN

**MAIN STREET**  
HALF MARATHON  
OF HUNTERDON  
**MAP 3**



RARITAN

FLEMINGTON

**KEY: MSHM OCT. 13, 2019**  
**Course (Use Caution, Roads Open to Traffic)**






Street	Start Main St, Clinton
Crushed Stone Path	Finish Stangl Rd, Flemington
Paved Path	Water Stop
Gravel Road	GU Energy Gels
Mile Marker	Apple Pie!
Relay Transition	Port-a-John
Parking	EMT
Best Cheer Zones	Medical Prof.
Entertainment	

# TRANSITION AREA : DEMARES SCHOOL



TRANSITION ZONE  
SEE MAP ON PAGE 17

**KEY:**  
**TRANSITION AREA: DEMARES SCHOOL**

 Water Tables	 Cheer Zones
 Apple Pie!	 First Aid
 Port-a-Johns	 Medical Prof.
 Parking Lot	

# FINISH AREA MAP : STANGL ROAD, FLEMINGTON





## COURSE DESCRIPTION

### TURN-BY-TURN ALONG THE WAY WITH COURSE DOCTOR FRANK!

#### HALF, RELAY AND 5K START TOGETHER!

**START** Gather on Main Street, Clinton, near the Hunterdon Art Museum terrace and we'll bring you over the bridge to the Start on West Main Street.

- Take in the beautiful view of the Red Mill, waterfall, and river on the way over! (But remember, the bridge surface is metal grating—watch your step!)

And you're off! Follow West Main past the Clinton House onto Old Highway 22. Turn Left at the Global AG building towards the Landsdown Trail entrance.

Continue onto the Landsdown Trail.

- The trail is crushed limestone, with a few wooden bridge crossings. It's a mostly shaded and scenic stretch along the river.



**MILE 1** Continue on the Landsdown Trail.

**MILE 2** The **first water stop** will be located just before the Mile 2 split, at the far end of the trail by Lower Landsdown Road.

At the trail's end, turn left (**but this time, stay right!**) as you continue on Lower Landsdown Road.

Turn right at Hamden Road and continue past the gate onto the short, paved walking trail and over the footbridge onto River Road.

- This section takes you past the Colonel Charles Stewart House, built in 1763. **Now we're back to staying left!**

Just over the footbridge, turn right onto Hamden Road.

**MILE 3** Continue on Hamden Road.

**5K SPLIT 5k runners:** You're almost done! After you pass Mile 3, get ready to turn right onto Camp Buck Rd into Camp Carr and your finish line.

**Everyone else:** Keep straight & continue down Hamden.

- Just ahead as you pass Camp Carr, Hamden transitions from paved to gravel. Watch your step on this stretch, it can be a breeding ground for potholes!
- Also, once you hit the gravel, keep an eye out for the two resident bald eagles that occasionally perch in the trees over the river!

At the end of Hamden, cross the bridge over the river and continue onto River Road.

In another quarter mile, you'll come to the **second water stop** (and a porta-potty).

- Behind the water tables you can catch a glimpse of a little stone smokehouse from 1789.

**MILE 4** Continue on River Road.

- Enjoy the view! River Road is a scenic stretch of road, with open fields to your left and horse farms up on the hills to your right.

**MILE 5** Continue on (up) River Road

- It's been fast and flat so far, but as you pass Kiceniuk Road, you'll come to the first hill of the day; it's about 0.75 miles up to the top.

The **third water stop** is here at the top, at about mile 5.5. **GU energy gels** are available here.

Bear right onto Old Clinton Road.

- Continue over the one lane bridge and bear left to stay on Old Clinton Road.
- Old Clinton Road is narrow, **so be sure (as always) to keep to the left.**

**MILE 6** Continue on Old Clinton Road.

- The halfway point is on Old Clinton just past Demott Road.

About a quarter mile after the halfway point Old Clinton makes a sharp turn to the right.

- There's a nice view of Round Mountain through the trees here.

After the sharp right, it's a quick left at the stop sign to stay on Old Clinton Road.



**GO  
GET 'EM,  
RUNNERS!**

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**Good Luck  
Runners!**

*Have a great race.*



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fb: themaxofclinton  
1802 Rt. 31, Clinton NJ



## COURSE DESCRIPTION (cont. from page 27)

**MILE 7** Continue on Old Clinton Road.

- Check out the beautiful old barn set back along the tree line across the field straight ahead.
- There are a few gently rolling hills on Old Clinton. Nice to run up and down but they do create some blind spots for oncoming traffic. **Use caution and keep left.**

**MILE 8** The Relay Transition Zone is just ahead, along the Desmares School field—relay runners stay far left; half marathon runners stay near left. All runners will be crossing a timing sensor here and receiving a split time.

The **fourth water stop** is just past the Transition Zone split and the entrance to Desmares School.

After the water stop you'll come to the end of Old Clinton Road at Sand Hill Road where you'll begin your "Rise to Glory". A police officer will stop traffic so you can safely cross and turn right up Sand Hill.

- This is the big hill. Pace yourself!
- From Old Clinton Road, it's a mile up (and we do mean up!) Sand Hill to Thatchers Hill Rd. Sand Hill is also a main road; the speed limit is 40 mph. Stay on the shoulder and **keep to the left of the traffic cones.**
- One of the residents on Sand Hill goes all out with their Halloween decorations. You'll know it when you see it!

**MILE 9** Continue up Sand Hill Road. At the Mile 9 split you're halfway to the top!

Turn left onto Thatchers Hill Rd. A police officer or course marshal will be stationed there to ensure you can safely **cross over to the right side** of Thatchers Hill.

- Congratulations, you've made it to the top! It's all downhill from here (in a good way!).
- Traffic on Thatchers Hill will also be moving quickly, but we're going to have a runner's lane set up on the right side here, so **stay right** for the next half mile!



Next, turn right onto Oak Grove Road (**and move back to the left!**)

**MILE 10** Run down (yes, down!) Oak Grove Road.

- Take no mind of the hill looming in the distance, you'll be turning left before you get to it—we said it was all downhill from here!

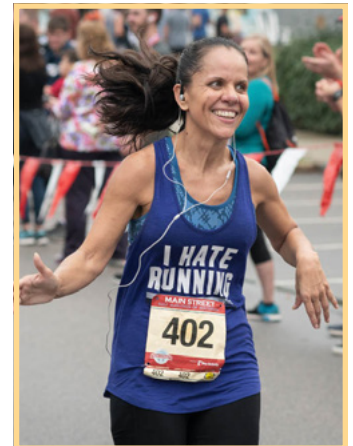
Turn left at the intersection onto Barton Hollow Road. The **fifth water stop** will be located around the corner on Barton Hollow Road.

**MILE 11** Continue down Barton Hollow Road.

- On your left is the Morales Nature Preserve and the Uplands Reserve. There's some nice hiking trails and a rocky stream to explore back there—check them out sometime.

Turn left and continue on Old Croton Road.

- Enjoy more views of the Uplands Reserve & Morales Preserve.



**MILE 12** Turn left and continue on Capner Street. Our **sixth and last water stop** is just around the corner here.

- If you need it, you can find a porta-potty in the Mine Brook Park parking lot just after you turn onto Capner. Be careful, though, it's on the other side of the road.

So... there is one more hill here, but it's a little one. And you're rewarded with a downhill right after.

- Use caution on Capner: the hill along with some bends in the road create a couple of blind spots for oncoming traffic. **Stay left!**

Turn right onto Park Avenue, Flemington.

**MILE 13** Almost there—continue down to the end of Park Avenue.

Turn right onto Mine Street.

Turn left on Stangl Road and power down the home stretch to Mile 13.1 and the Finish!



## RACE DAY: POST RACE FESTIVITIES

# GOOD LUCK RUNNERS!



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As you cross the finish line,  
come hear what's...



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## RUNNERS

Remember to keep your  
nutrition and hydration levels  
at their peak, before, during  
and after the race!



# LONE EAGLE BREWING

Bold, Brave, Adventurous.

## TIME TO CELEBRATE!

**FINISH** Ever finish a race and feel like you've been "welcomed home" by family? That's the charm of Flemington and the community that surrounds it. Run past historic sites on your way to a post-race celebration with your actual family—and those that after 13.1, somehow sorta feel like they are! As you enter the borough of Flemington, keep an eye out for our friends from Basil Bandwagon (final water stop), Girls on the Run Flemington, and the Flemington girl scout troops along Park Ave. Make the "legendary" right on Mine and left on Stangl...and though Hereford and Boylston may have a few more adoring fans, what Hunterdon may lack in number is made up for in spirit!

Sprint the final stretch and rock out with finish line band [The Big Fuss](#) and crush the finish with arms raised... maybe a fist pump or two as if you were from Staten Island but played a Jersey kid on TV! Feeling a little shaky? No worries, the [Pro-Activity](#) team will have some PT's there as you need. Catch your breath for a minute, grab your medal and stumble on into [Stangl Factory](#) where complimentary food and beverage will be supplied by sponsors [Blue Fish Grill](#) and [Lone Eagle Brewing](#). Need a good stretch or a foam roller? Catch up with event sponsor HealthQuest of Hunterdon at their recovery tent, and once you've got your legs back underneath you....take a look at all the official merch you thought about buying at the expo...but wanted to wait to have "earned it"! Additional food & beverage will be for sale so bring a few bucks if you'd like more than one!

**AWARDS** In addition to awesome medals for all finishers, we are going to have a custom designed award for first place overall male and female runners, thanks again to the generous sponsorship from the talented artisan [Bill Healy](#). We'll also have 2nd and 3rd Overall M/F, 10 Year Age Groups (Top 3 M/F) and [Team Challenge](#) awards. Don't forget the [The Mayor's Cup Fitness Challenge](#)! This Stanley Cup style award will be given to the winning town to display in their town hall for a year! There will also be a couple of other little surprises, so stick around for the awards ceremony and applaud everyone's accomplishments.





THANK YOU!

## It Takes A Village...

In year one it's a fun idea...Year two and you're either on to something or flat out crazy... year three and maybe you've got a tradition! As we put a bow on our third year, we're reminded now more than ever of the incredible community that surrounds "Main Street" and throughout Hunterdon, and of the amazing people, businesses and community members that have supported this idea along the way! Although naming all individually may require an additional program unto itself, we'd like to extend a special thank you to the **Hunterdon County Board of Chosen Freeholders**, and the **Mayors and Town Councils from Clinton and Flemington**, as well as those from the **townships of Franklin, Clinton and Raritan**. We'd also like to be sure to acknowledge and thank the many safety personnel who have been instrumental in this event, including the **Police Departments and Emergency Medical Services of Clinton, Franklin, Clinton Twp., Raritan, and Flemington**.

To our many Vendors and Entertainers...there's racing, and then there's partying for 13.1 miles... thanks for showing us the difference!

To our sponsors, your generosity and support are unmatched. We pledge to continue to work for you and your towns as you have for us.

To our many volunteers, including but not limited to members of the Voorhees, North Hunterdon, and Hunterdon Central High Schools, Athleta, Clinton United Methodist Church, Basil Bandwagon, BaseCamp Athletic Club, Girls on the Run, Girl Scouts of America, HerFitness, and the professional staff at Pro-Activity, without your many hands, this would be some incredibly HEAVY work.

And finally, to our participants...if you're doing it right, there's a point in every race where you begin to question your ability to go faster or further... your ability to ENDURE. But let us set your mind at ease, YOU. ARE. AWESOME. We're honored you've chosen Main Street to add to your most recent list of achievements. THIS IS YOUR RACE! Enjoy it.

With Gratitude,

**The Main Street Half Marathon of Hunterdon Team**

Eric Eisenhart  
Nick Ricco  
Frank Batiste  
Steve Mruskovic  
Michelle LeGrand



## ABOUT OUR SPONSORS

We thank our sponsors for their generous support of our event. Learn about these organizations and businesses and how they are a part of the economic landscape of Hunterdon county.

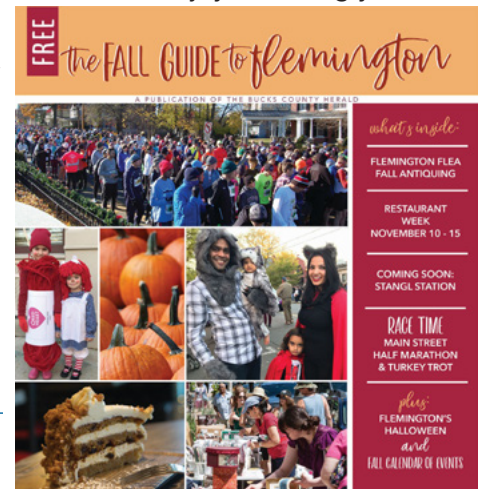
### FLEMINGTON COMMUNITY PARTNERSHIP

All of us - the businesses of the Flemington Community Partnership - would like to thank you for attending the third running of the Main Street Half Marathon of Hunterdon County. We hope you enjoyed your run, which led you right to Stangl. Rd. in Flemington. We're so happy to have you here, and look forward to your return, which we hope will be very soon. The Half Marathon is just one of the great reasons to visit Flemington, and next time you visit us, you'll discover a destination that offers so much for the entire family.

For example, with 65% of our borough on the National Register of Historic places, you're in one of New Jersey's most historic square miles. Our history is a distinction we're proud of, and embrace. Flemington has been described as "Cool Americana," and we love it. We're sure you will, too. Come explore our lovely neighborhoods. Shop till you drop, in our quaint, hip, and stylish shops. Reward your palate in our many restaurants, our award-winning bakeries, and quench your thirst with a stop at our hometown brewery.

So, thanks again for visiting us. We hope you enjoyed your time here as much as we enjoyed having you. We look forward to seeing you again, soon.

For the latest on happenings throughout our town, click the link below and download a copy of [The FALL GUIDE to Flemington.](#)



[www.loveflemington.com](http://www.loveflemington.com)

### THE GUILD OF CLINTON



Clinton is distinguished by its unique location and has always been attractive to entrepreneurs - originally English, later Germans and Irish - which led to the development of a substantial town, flourishing as an agricultural and mill center.

Today, the historic town, known nationwide by its landmark Red Mill and Hunterdon Art Museum, is considered a cultural center with its charming walkable downtown, unique blend of friendly small businesses, locally owned shops, restaurants, and services surrounded by beautiful countryside.

The Clinton Guild is a not-for-profit group that was formed in 1972 and consists of more than 70 local merchants and business owners. Our goal is to promote our unique village and all it has to offer to residents and visitors alike.

For more information, visit [www.clintonguild.com](http://www.clintonguild.com)





## ABOUT OUR SPONSORS

### SUNKEN SILO BREW WORKS

Following the great drought of 1953, the leaders of New Jersey sought a way to prevent another damaging water shortage from crippling the state. Water being the life blood of farms had value beyond definition. A value, in fact, that exceeded the Constitutionally afforded rights of those honest, hard working families settled in the valley nestled within the Cushetunk Mountains. As such, the State decided to fill the land that we now call "Round Valley" and ordered families and farmers from their land. One such family, the Jenkinses, however would not be moved.

It is rumored that the Jenkins silo still stands at the bottom of the reservoir, unmoving, silent, stark, strong. The grain in that silo runs through the water of the reservoir, into the aquifer and eventually to the wells all around. That remnant of grain, a testimonial to our community's farming roots is shared by all of us who now dwell near the old Jenkins farm.

In honor of Pa Jenkins, his grain, and his silo, we bring you Sunken Silo Brew Works. Strong and steadfast in our commitment to quality beer, celebrating the hard work and stubbornness of a fictional old coot.... and though our stories may be stretched, please seek solace in the fact that we are at least serious about great beer: making it, serving it, and enjoying it ourselves.

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**GO  
Runners  
GO!**

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### HUNTERDON HEALTHCARE FOUNDATION

*"Working Together From the Heart."*

The Hunterdon Healthcare Foundation, the fundraising organization for the Hunterdon Healthcare System (HHS) - [hunterdonhealthcare.org](http://hunterdonhealthcare.org) - seeks gifts and grants from individuals, corporations, foundations and other sources to assist the Hunterdon Medical Center (HMC) and its affiliated non-profit organizations, such as Hunterdon Regional Community Health and Hunterdon Hospice, in fulfilling their mission to meet the community's need for high quality healthcare.

*"Why give to the Hunterdon Healthcare Foundation?"*

We rely on your continued support to meet our mission year after year. It allows us to continue providing high quality, compassionate, and cost-effective healthcare services to our community.

Annual charitable gifts to the Hunterdon Healthcare Foundation provide the essential support needed to expand clinical services and programs for our patients, and maintain and enhance our facilities.

For more information or to schedule a tour of our healthcare facilities, call Hunterdon Healthcare Foundation at (908) 788-6141 or email [foundation@hunterdonhealthcare.org](mailto:foundation@hunterdonhealthcare.org)

Hunterdon Healthcare Foundation is served by a 21-member Board of Trustees that volunteer their time and expertise in order to improve our hospital and its services.

Have a swift and safe  
race, participants!



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GOOD LUCK RUNNERS



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## ABOUT OUR SPONSORS

### HEALTHQUEST



**HealthQuest**, a premier Athletic, Fitness and Wellness Club founded in 2001, boasts an impressive 104,000 square foot facility on a 38 acre campus. The facility is located on Route 31 in scenic Hunterdon County, New Jersey. HealthQuest is a family-friendly club that offers all-inclusive children's programs, over 150 group fitness classes, 2 state-of-the-art fitness centers, Pilates & Wellness Studios, an outdoor pool and indoor pool, track, and basketball courts. HealthQuest has held its standing as a Club Industry Magazine Top 100 HealthClub in America for ten straight years and has been voted Hunterdon County's Best of the Best for Gyms the past five years. HealthQuest's knowledgeable staff, committed members and top-notch programming are at the core of its ability to stand out as a fitness industry leader. Visit HealthQuest's website, [healthquest-fitness.com](http://healthquest-fitness.com), to learn more about their community and fitness opportunities.

[hqfit.com](http://hqfit.com)

### BASIL BANDWAGON

Organic, sustainable....we model our race so very similar to the way they model their business. Thanks so much to new mile marker and finish party sponsor Basil Bandwagon Natural Market! With stores in Clinton & Flemington, it's so fitting that we support one another!

[basilbandwagon.com](http://basilbandwagon.com)

### BILL HEALY DESIGNS

The artisan Bill Healy has once again graced us with his beautiful designs for Top Male and Female overall finishers. Check out all of his work, it's quite something!

[www.billhealydesigns.com](http://www.billhealydesigns.com)

### FARMERS OF FLEMINGTON

Established in 1856, we remain a mutual company but have expanded our sphere of service to include the entire state of New Jersey. Our personal and commercial insurance property and casualty products have also grown in scope and flexibility in order to meet the needs of our state residents and business owners. All of our products are sold through independent professional insurance agents.

We offer competitive homeowner and property insurance as well as a wider variety of comprehensive insurance packages for your business.

Identity Theft can happen to anyone. That's why we brought top fraud experts on board to get your life back on course. We bring you one-on-one victim advocacy, premier identity theft education and proactive services. Contact us for more information about our identity theft program.

23 Royal Rd, Suite 100, Flemington, New Jersey 08822  
[farmersofflemington.com](http://farmersofflemington.com)

### NICK RICCO, REALTOR, KELLER WILLIAMS

As you race through a beautiful Sunday in Hunterdon County, look around...who wouldn't want to live here? If you or someone you know is looking to settle in this little slice of heaven, follow the lead of Real Estate Agent Nick Ricco - a lifelong resident who hustles for his clients the same way you all will be hustling to the finish!

### ONE ROOM STUDIO CREATIVE SERVICES

Creative services to match your business and your budget. Steve, the guy in the room, specializes in creating modern and relevant logos and branding, advertising, promotional products, temp and permanent signage – whatever your business needs. All of this year's merchandise, swag, signage, and this book were created by One Room Studio. Contact Steve for a quote on your next design or printing project.

[oneroomstudiocreative.com](http://oneroomstudiocreative.com)



## ABOUT OUR SPONSORS

### PRO-ACTIVITY:

#### A HUMAN ACHIEVEMENT COMPANY

In 1998, we decided it was time to do something different. For far too long health and fitness professionals were waiting....reacting to the situation at hand and the illnesses and injuries that kept people from doing what they loved.

From early on, we knew there was a better way...one where people would thrive in a proactive approach.... one that envisioned and planned for the best, and acted upon it....one where people were **stronger and happier through better health!**

Pro-Activity is a "human achievement" company focused on providing clients the information and coaching required to meet and exceed their performance goals. By leveraging our internally developed health and human achievement system, one that combines the elements of MOVE-FUEL-RECOVER-ENDURE-CONNECT, we consult with individuals, teams, community groups, and employers, providing services in the realms of fitness, coaching, physical therapy, workplace wellness, and community health events (like the one you're running in!). As a team of licensed physical therapists, and certified strength, health & nutrition professionals, our coaches act upon the belief that there are no extraordinary people, only people who do extraordinary things. We look forward to the opportunity in supporting you on your path towards extraordinary achievement!

Find out more at [www.pro-activity.com](http://www.pro-activity.com)

#### LEON'S SOD FARM

Leon's Sod Farm Inc. is a family owned and operated sod farm. We are Certified New Jersey sod suppliers, so you can trust the quality of our products. Leon's Sod Farm Inc. is proud to be a member of the N.J. Sod Association. Our credentials express the amount of knowledge and expertise we have when it comes to sod and making your lawns beautiful. Stop dreaming of a perfect lawn and give us a call. Leon's Sod Farm Inc. is here to transform your vision into a reality. [leonssodfarm.com](http://leonssodfarm.com)



#### SHOPRITE

This #risetoglory sponsor is no stranger to supporting our community. It seems everywhere you turn, they have Hunterdon's back. We're so happy they have Main Street's as well! From keeping our kitchens stocked with all the freshest food, sourcing locally grown produce & summer BBQ supplies or helping us jump on back to school shopping...visit ShopRite locations in both Clinton and Flemington and enjoy their friendly service!  
[www.shoprite.com](http://www.shoprite.com)

#### COSTCO

Everything you need under one roof? Say it isn't so! At this sponsor's store, you can find anything from salty snacks for a post run treat to cases of water to keep hydrated on these hot days! Heck toss in a relaxing pair of pajamas and you have it made! Visit Costco in Flemington today!

[costco.com](http://costco.com)

#### CLUB PILATES FLEMINGTON

Club Pilates Flemington offers more than just low-impact, full-body workouts. With a range of class offerings that challenge your mind as well as your body, Club Pilates provides a path to a richer, more-fulfilling life. Take a free Intro class today and get started on a path to a better tomorrow.

[www.clubpilates.com](http://www.clubpilates.com)



## ABOUT OUR SPONSORS

### LONE EAGLE BREWING: BOLD, BRAVE, ADVENTUROUS

As two local craft beer enthusiasts and home brewers, Todd Becker and Bob King decided to open a craft brewery close to home in Hunterdon County, New Jersey. They soon decided upon the historic town of Flemington. Having selected a new, unfinished building to house the brewery, they have had the opportunity to design the brewery from the ground up. Tantamount in their minds was creating the rarely found quality in craft breweries -- a large, comfortable environment wherein their enthusiastic clients would enjoy meeting, laughing and tasting excellent beer.

[www.loneeaglebrewing.com](http://www.loneeaglebrewing.com)

### JACKRABBIT

We are more than a store. We know a great customer service experience begins with hiring amazing people. Our employees live and breathe JackRabbit beliefs, and we practice what we preach. Both our customers and our employees come from all walks of life, and share the value of making a fit lifestyle fun!

We offer great services that are meaningful to our customers. We are different than those other sporting goods stores, because we offer things like training programs and free fit analysis services. Connecting with people who are passionate about living an active lifestyle is always a joy for us.

[www.jackrabbit.com](http://www.jackrabbit.com)

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276 US HWY 202/31  
908-788-5737

**CLINTON**  
38 OLD HWY 22  
908-735-3822



## ABOUT OUR SPONSORS

### THE MAX CHALLENGE

THE MAX Challenge of Clinton NJ is owned by Ron and Lauren Adelstein. A husband and wife team, Ron and Lauren Adelstein are married for almost 10 years and currently reside in Monmouth County with their 4-year-old son, Leo and sweet Goldendoodle, Lola. THE MAX Challenge allows them to pay it forward and truly connect with its members, employees and owners of other centers, and its community. They both share the love of community inspired events and organizations and strive to be a keystone within the greater Clinton community.

[themaxchallenge.com](http://themaxchallenge.com)

### LOEW ORTHODONTICS

At Loew and Patel Orthodontics, we take pride in our comprehensive, high-quality orthodontic care. Dr. Darren Loew, Dr. Niyati Patel-Parekh, and our team use modern methods and the latest in dental technology to help patients of all ages achieve a healthy, functional, and perfect smile.

Come see why Loew and Patel Orthodontics has been chosen as a New Jersey Family magazine's Favorite Kids Doc! Schedule an appointment at our Flemington or Annandale orthodontic office today!

[loewandpatelorthodontics.com](http://loewandpatelorthodontics.com)

### PURE BARRE

Taught by our highly-trained teachers, Pure Barre features four group class formats that deliver an effective total-body workout focused on low impact, high-intensity movements that lift and tone muscles and improve strength, agility and flexibility for every body.

[purebarre.com](http://purebarre.com)



### SHOWOFF PRODUCTIONS

Professional DJ Entertainment, Photo Booths, Event Lighting, Custom Vinyl Dance Floors, Dance Floor Wraps. Michael Aversano and Jason Hayes have been entertaining crowds for years and truly enjoy making sure everyone is having a great time with no worries. Elegant weddings, fabulous Sweet 16s, massive 800 person proms, the Flemington Turkey Trot & Hunterdon County Holiday Parade... every event has a story and they love to be a part of it.

[showoffproductions.com](http://showoffproductions.com)

### HUNTERDON COUNTY YMCA

Since our beginning in 1903, the Hunterdon County YMCA has been strengthening our community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors.

Today, the Hunterdon County YMCA is one of the largest not-for-profit community service organizations in Hunterdon County. It is an important part of community life in the many neighborhoods it serves. It works to meet the health and social service needs of the 10,000 men, women and children served each year. Your YMCA works to promote strong children and families, good health, a solid community, and a better world.

[hcymca.com](http://hcymca.com)





## ABOUT OUR SPONSORS

### LE SALON BLEU

Le Salon Bleu is located at 8 Leigh St., Clinton. We specialize in precision haircuts and styling, all phases of color, and keratin treatments. Consistency and perfection in the comforts of this boutique salon will have you leaving feeling beautiful, every time!

[www.lesalonbleu.net](http://www.lesalonbleu.net)

### UNITY BANK

Local banks are always on the ground level helping to grow their communities. Unity Bank is no different! Thank you to this mile marker sponsor for helping to advance our community and our vision of a hometown race!

[www.unitybank.com](http://www.unitybank.com)

### THE GODDARD SCHOOL

For 30 years, The Goddard School has been a trusted name among families. Its classrooms are safe, nurturing environments for children six weeks to six years, offering age-appropriate opportunities to explore and discover. Trained teachers lead each child to reach developmental milestones, preparing the children for social and academic success.

At The Goddard School of Clinton, NJ, the on-site owner, Kathy Zabicki, works to make sure every family enjoys a warm, positive experience.

For more information or to schedule a tour, please visit [www.GoddardSchool.com/ClintonNJ](http://www.GoddardSchool.com/ClintonNJ) or call 908-752-4664. The Goddard School of Clinton is located at 1541 Route 31 Clinton, NJ 08809.



***MSHM thanks these talented artists  
for keeping our EXPO rockin'!***

**COO COO CACHOO**

**TEEN PHENOM OLIVIA TERPIN**

**SHOWOFF PRODUCTIONS**

**SUPPORT LOCAL MUSIC!**

### BLUE FISH GRILL

Stacy and Kelly Casanova walked into the Blue Fish Grill in July of 2007 and have never looked back. A truly family owned and operated business, the couple has grown, what was once a "shack like" quick service joint, into a bustling, casual dining restaurant and extraordinary catering business.

Ten plus years ago Blue Fish Grill patrons may have seen a couple of toddlers gracing the presence of both the kitchen and the dining room, as well as Kelly working the grill with a large pregnant belly. Now those same longtime guests of Blue Fish will experience those once toddlers, now teens, greeting them at the door, bussing their tables or running their food! How time flies.

Stacy and Kelly met while working for celebrity Chef Wolfgang Puck in Hollywood CA, but decided to move close to family while starting their own. Much to the town's delight it was Flemington where they decided to lay down their roots, and Hunterdon County has been hungrily lapping up the benefits ever since!

Blue Fish Grill has grown substantially (quadrupling it's size!) since it's beginning, by moving to it's current location in the historic Stangl Factory from just a few blocks away.

A bold move fueled by ambition, fate, and lots of hard work, a once dilapidated abandoned building started the journey towards becoming the cornerstone of a new thriving business community.

[njbluefishgrill.com](http://njbluefishgrill.com)



NEW RACE! MOCKSVILLE, NC

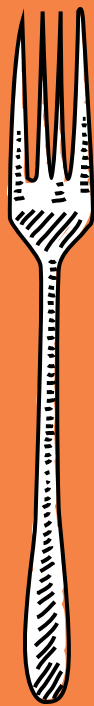


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