



RACE LOCAL!

5TH RUNNING
OCTOBER 8 & 9, 2022

PARTICIPANT GUIDE

and event information





GOOD LUCK RUNNERS!

*Enjoy our beer at the Expo Beer Garden
and Post-Race Festivities!*

VISIT US:

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SCHEDULE OF EVENTS

SATURDAY, OCTOBER 8TH 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: Hunterdon Art Museum Terrace, 7 Lower Center St. **1:00 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 9TH

PRE-RACE ACTIVITIES: 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 START: Main St. Bridge, Clinton **BY 7:55 AM**

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

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

FINISH LINE BAND THE BIG FUSS: Hunts Mills Park, Clinton. **9:15 AM – 12:00 PM**

POST RACE PARTY: *featuring Blue Fish Grill and Sunken Silo Brewing,*

Hunts Mills Park, Clinton **10:00 AM – 2:00 PM**

AWARDS: Hunts Mills Park, Clinton **10:30 AM**



EXPO & PACKET PICKUP: OCTOBER 8TH

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

From 1:00 PM until 4:00 PM on Saturday, October 8th 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!

On Saturday, 10/8 packets will be available for half marathon, and relay 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, Jen Santoro (Weichart) 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 Can you say carbs? Thanks to [Sunken Silo Brew Works](#) 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 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 long sleeve 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 and Sponsors who are participating in the EXPO!

LIVE ENTERTAINMENT Seriously, folks, these talented musicians will be playing this weekend. Be sure to check them out:

- Roulette Band on the HAM Terrace during EXPO
- The Big Fuss at the Finish Line in Hunts Mills Park

SUPERHEROS UNITE!: What family-friendly event would be complete without things for the kids to do? We'll once again be presenting the Superhero Sprint kids race down the middle of Main Street! See page 6 for full details.

GET Social

Documenting your journey, bragging about your accomplishments or just taking it all in? Use and share the hashtags [#mshm](#) and [#racelocal](#) to share the weekend's events with everyone!

[f](#) @mainstreetmarathonofhunterdon [i](#) @mainstreethalfmarathon [t](#) @mainstreethalf



SUPERHERO SPRINT: OCTOBER 8TH, 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, for the first time since 2019, 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 [Superhero Sprint](#)**
(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.

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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

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! There are many Main Street and local restaurants, so 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.

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BIG SALE ON 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.



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Pint Glass Full color logo, great for your favorite beverage **\$6 2/\$10**



Indoor Magnet Full color laminated graphic. Fridge Bling! **\$2.50 \$1.00**



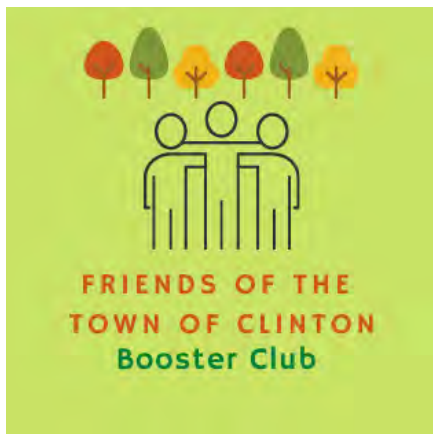
OUR CHARITABLE PARTNERS

Main Street Gives Back



Since its inception, the Main Street Race Series has been about bringing good people together to do great work for important local causes. So when we got the call to help the Harvest Family Success Center who is leading support efforts for the multiple local families that lost their homes in the devastating Union Hill Apartment fire earlier this year... we knew we had to answer it! This year's half marathon proceeds will go directly back to local residents who could use an extra hand. Check out the Harvest Family Success Center at the Expo to learn more!

<https://njprevent.com/harvest/>



Of course, we're not ones to silence a second call should it come in. We were honored when earlier this year the Friends of the Town of Clinton Booster Club asked if we'd consider bringing back our Superhero Sprint as a way to engage our area youngsters and help raise funds for the Halstead Street Park Project that they are working to bring to fruition. Slated to be the area's first inclusive, multigenerational outdoor recreation space. Look for them in "Superhero City" on Saturday or check out

friendsofclinton.org



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, and maybe even some cows! From mile 5 to 7.5 you'll be climbing to a beautiful little hollow tucked away behind the trees before heading back down to the flat and a few more rollers before the finish. The perfect mix of distance, hills, and speed...a challenge you can feel amazing having achieved!

The course will remain open for 3 hours, and will have plenty of aid stations (6) stocked with water and Gatorade. We'll have GU energy gel at aid stations 3 and 4, near miles 5.5 and 7.75.

More course details can be found in our detailed run-through of the entire course, beginning on page 14, as well as our maps in this book, pages 11 to 13. [\(INTERACTIVE MAP HERE\)](#). **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! Unless otherwise directed by Course Marshals, please heed this rule. 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:

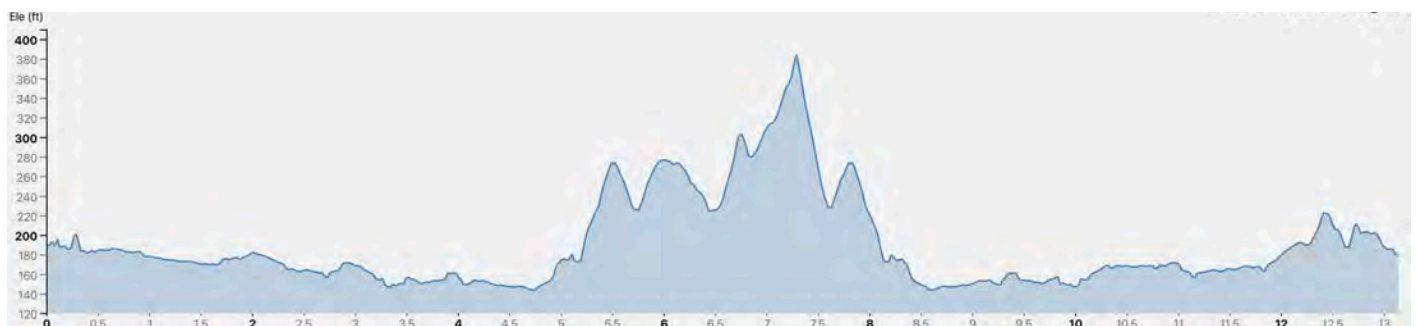
- **Mile 2.3** - Water, Gatorade, Medical Aid
- **Mile 3.8** - Water, Gatorade
- **Mile 4.9 RELAY TRANSITION** Port-a-John, Medical Aid
- **Mile 5.5** - Water, Gatorade, GU Energy Gels, Medical Aid
- **Mile 8.1** - Water, Gatorade, GU Energy Gels, Medical Aid
- **Mile 9.5** - Water, Gatorade
- **Mile 10.5** - Water, Gatorade, Medical Aid

TWO-PERSON RELAY Leg 1 of the relay is approximately 4.9 miles, from the race start to the transition zone on River Rd at Kiceniuk Rd. From there, Leg 2 will cover the remaining 8.2 miles, up River to Old Clinton and looping back around past the transition back to the finish at Hunts Mills Park.

Relay teams will share a lanyard that contains their timing chip for the race. Leg 1 runners will wear it at the start and hand it off to Leg 2 runners at the transition. We'll have a volunteer at the transition to help spot incoming Leg 1 runners and alert Leg 2 runners to prepare for the hand-off.

Tips for transportation: We recommend Leg 2 runners drop off Leg 1 runners at the Start and then make their way to the transition zone. There is parking available on Kiceniuk Rd. Make sure you both have keys for the car! After you transition, Leg 1 runner can then drive to the Finish and cheer Leg 2 runner across the line!

ELEVATION PROFILE





RACE DAY: COURSE LOGISTICS & SAFETY

LISTEN TO YOUR BODY

SAFETY 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)!

TIME TO CELEBRATE!

FINISH 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 over to receive complimentary food and beverage provided by sponsors [Blue Fish Grill](#) and [Sunken Silo Brew Works](#). 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"!

AWARDS In addition to awesome medals for all finishers, there are age group and top finisher awards being handed out at 10:30...listen for your name, you crushed it!

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 RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		
8		

Have a Great Race!



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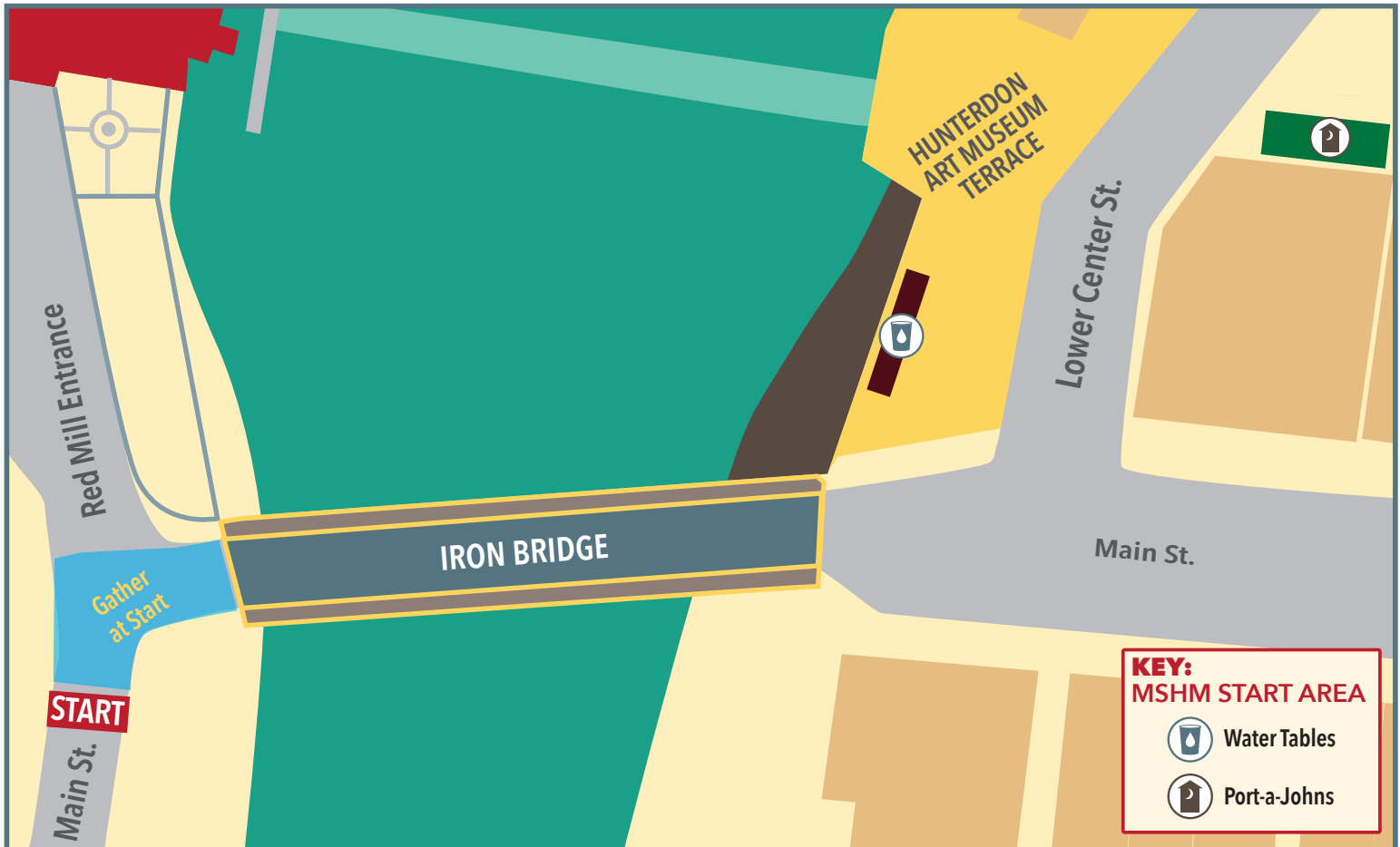
EXPO ACTIVITIES MAP : DOWNTOWN CLINTON



KEY:

- MSHM START AREA**
- HM Check-In
- Beer Garden
- Food Merchants
- Music
- Port-a-Johns
- Parking Lots

STARTING AREA MAP



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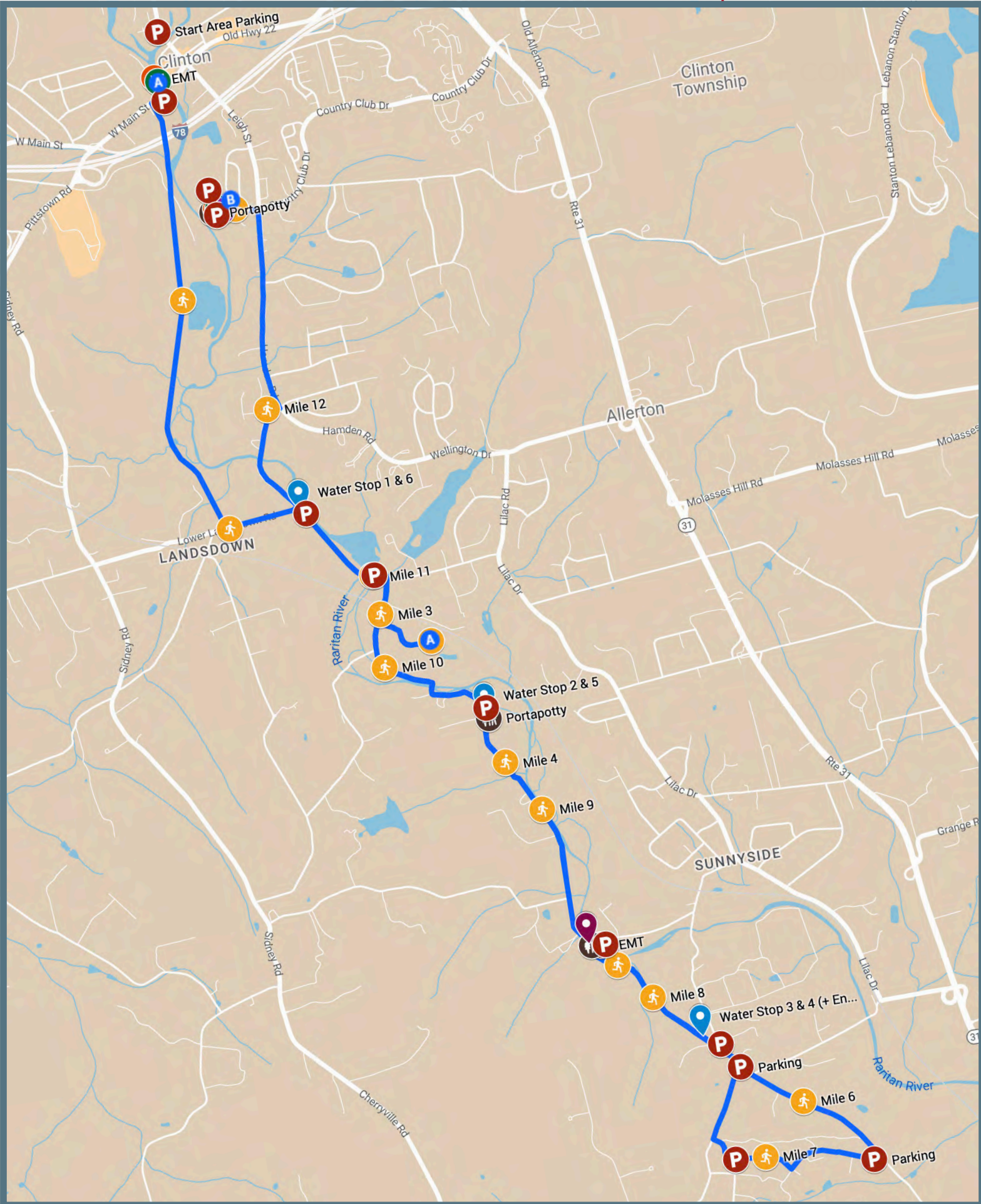
To schedule an appointment, please visit www.hunterdonhealth.org.

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Hunterdon Health

HALF MARATHON COURSE MAP *(click map for interactive version)*





COURSE DESCRIPTION

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

HALF AND RELAY START TOGETHER!

START Gather on Main Street, Clinton, and make your way over the bridge to the Start on West Main Street.

- *While you're waiting to start, take in the beautiful view of the Red Mill, waterfall, and river.*

Head down 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 down to the south end. At the trail's end, turn left as you continue on Lower Landsdown Road.

MILE 2 The **first water stop** will be located at the intersection of Lower Landsdown Rd. and Hamden Rd.

- *There's a big Revolutionary War-era home here—take a quick look!*

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

Just over the footbridge, turn right onto Hamden/River Rd

There is a railroad crossing here. **We've made arrangements for a "slow down" but can't guarantee train-free tracks.** We'll have a course marshal here to help you cross safely.

MILE 3 Continue on Hamden/River Rd.

- *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!*

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

If you're running the relay, your transition will be just before Mile 5 near the intersection with Kiceniuk Rd. Congratulations, you're done!

- *There is a portapotty here for any runner who might need it!*

If you're running the whole half (Whole half? That's a weird phrase!), continue up River Road



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 of the hill.

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.*

Good Luck, Runners!



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COURSE DESCRIPTION (cont. from page 15)

MILE 6 Continue on Old Clinton Road.

Around Mile 6.4, you'll be making a right turn onto Demott Rd.

- *This portion of the course is going to loop around through the Raritan Estates neighborhood and eventually come back out to Old Clinton Rd.*
- *There's a little scenic "hidden gem" back here, a nice old farm with a barn & silo. There's cows, too. Maybe we'll see if we can get them to tell you to keep "moo-ving"!*

Turn right onto Rolins Mill Rd.

- *You might notice it's a little hilly back here...*

MILE 7 At the top of Rolins Mill Rd, turn right onto Cherryville Stanton Rd.

- *What goes up, must come down! Enjoy the down hill, but be careful—it is pretty steep!*

At the bottom of Cherryville Stanton, turn left back onto Old Clinton Road.

- *You've finished the "out" and "loop" parts of the course, now it's time for the return trip and a lot of familiar scenery.*

Bear left onto River Rd

The **fourth water stop** is just past the fork.

- *And you have another nice downhill stretch!*

MILE 8 Continue on River Rd

MILE 9 You'll hit the **fifth water stop** by the smokehouse.



MILE 10 Just after passing Camp Buck Rd and Camp Carr, you're going to take a little detour—turn right on Treeline Dr.

Continue down Treeline to the cul-de-sac at the end and turn around at the course marker.

Turn right to continue back up Hamden Rd towards the train tracks.

At the T-intersection with River Rd, turn left back towards the foot bridge.

MILE 11 Cross the foot bridge and head up Hamden Rd

- *There's that Revolutionary War-era house again!*

The **sixth and final water stop** is here on Hamden Rd. Continue straight up Hamden Rd.

Turn left on York St for a very short out-and-back

MILE 12 Turn around at the course marker at Wales Ct and head back on York to Hamden

Turn left on Hamden Rd

Turn Left on Leigh St (also confusingly labeled Hamden Rd).

- *It's been flat, but you've got a couple of rolling hills in this last mile.*

Turn left onto Mitchell Ln

Turn right on Haver Farm Rd

MILE 13 Turn into the Hunts Mills Park entrance and down to the finish line!



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come hear what's...



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THANK YOU!

It Takes A Village...

For any who've "been there" ... you know that the road to the finish line is often long, with many twists and turns... if the course is worth its registration price or you're pushing hard enough... there should be some dark and lonely lows to work through...but if you've prepared and done it right, you forget all that in the moments of bliss and runner's high, and you lace them up excited to do it all again. The finish line is sweet, but everybody knows the journey is what matters most.

When the group of us got together in 2017 and began talking through what it would take to bring an authentic distance event to our area we got excited at the potential to bring area athletes and our community the balance of a "big race feel" with an intimate, small-town charm. Five years later and it's been quite the ride...or should we say run. With plenty of high (fives) and some challenging lows (pandemic, hurricane) to overcome. We've met so many incredible people, shared in countless memorable stories and experiences, and collectively contributed to deeply important and worthy causes. It has not always been easy, but with the help of town officials and first responders from Clinton, Clinton Twp., Franklin Twp. and Raritan Twp, along with generous support from our sponsors and area businesses... and when combined with the hard work you've put in to toe the line this year and those prior... it's always been worth it.

And so, as we begin the push for the final miles ahead, please know that you've earned our deepest respect and most sincere gratitude. Have a great race this weekend. You've earned it.

With Gratitude,
The Main Street Half Marathon of Hunterdon Team

Eric Eisenhart
Frank Batiste
Steve Mruskovic



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.

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.

sunkensilo.com



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To learn more about Farmers of Flemington or to find an authorized Independent Agent near you, visit us at: farmersofflemington.com

HUNTERDON HEALTH FOUNDATION

The Hunterdon Health Foundation, the fundraising organization for the Hunterdon Health System, seeks gifts and grants from individuals, corporations, foundations and other sources to assist the Hunterdon Medical Center and its affiliated non-profit organizations, in fulfilling their mission to meet the community's need for high quality healthcare.

We work with our generous community to invest in our facilities, our people and our collective future. Gifts have been made from area residents, grateful patients, local business owners, corporations, foundations, physicians and staff to support Hunterdon Health.

We rely on your continued support to meet our mission year after year. Annual charitable gifts to Hunterdon Health Foundation provide essential support needed to expand clinical services and programs for our patients, and maintain and enhance our facilities.

hunterdonhealth.org



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BASIL BANDWAGON

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basilbandwagon.com

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

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



ABOUT OUR SPONSORS

SHOPRITE

This 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

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

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

THE GODDARD SCHOOL

For more than 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.

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

LINDA HAUGHEY, REALTOR

Linda is a life-long resident of Hunterdon County. She has been a Top Weichert Full Time Agent since 2005 due to her extensive knowledge of neighbourhoods, schools and area. As a result of her work, Linda has been included in the Circle of Excellence since 2006. Linda enjoys people and supports many county events. She is an avid runner and a familiar face in local 5K's. Linda loves spending time with her 5 grandchildren and attends many area sporting activities.

linda-haughey.weichert.com

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.

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.

njbluefishgrill.com

CROSSFIT POWERHOUR

We want to give you a place you feel comfortable, confident, happy, and excited to come to. We want you to build relationships with amazing people that have the same interests as you. We want to provide a safe, fun, effective workout that allows you to become stronger, healthier, confident, and able to do all the things in life you love.

Oh yeah, we are going to workout and sweat while we do it. Our number one goal at CrossFit PowerHour... make you leave our gym sweating, smiling, and starving to come back tomorrow!

crossfitpowerhour.com



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STRONGER

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