

RACE LOCAL!



PARTICIPANT GUIDE

and event information
OCTOBER 7, 2018

HUNTERDON HEALTH AND WELLNESS CENTERS

Best of luck to all the runners!

Please visit and experience all we have to offer to support your journey to better health.

Benefits and Services

Fitness Assessment
Exercise Orientation
Group Fitness Classes (Land & Water)
Weight-Training Equipment & Free Weight Area
Cardio Machines
Rock Climbing Wall (Whitehouse)
Indoor Pool, Whirlpool
Indoor Track
Complete Locker Facilities
Sauna & Steam Room

Personal Training
Massage Therapy
Therapy Pool (Clinton)
Physical Therapy
Cardiopulmonary Rehabilitation
Arthritis Programs
Swim Lessons (Adults & Children)
Meditation, Tai Chi
Karate, Kung Fu
Childcare Services

2 Convenient Locations

Clinton Wellness Center

1738 Route 31 North, Clinton, NJ
908.735.6884

Whitehouse Wellness Center

537 Route 22 East, Whitehouse Station, NJ
908.534.7600

Hours of Operation

Monday – Thursday: 5am to 10pm Friday: 5am to 9pm

Saturday: 7am to 6pm Sunday: 8am to 5pm

* Whitehouse facility opens at 6 am Monday through Friday (all other hours are the same)

Complimentary Guest Passes

Main St Marathon
Expires 11/30/18



ONE DAY GUEST PASS

Name: _____

Bearer must provide photo I.D.
Guests under age 18 require parent/guardian signature



TABLE OF CONTENTS

WELCOME TO MAIN STREET!	3
SCHEDULE OF EVENTS	4
EXPO & PACKET PICKUP INFO	5
SUPERHERO SPRINT	6
EXPO: PARKING, LODGING, DINING	7
EXPO: VENDORS & MORE	8
EXPO: DEALS OF THE DAY	9
MSHM OFFICIAL MERCHANDISE	11
OUR CHARITABLE PARTNERS	12
RACE DAY: RUNNER & SPECTATOR INFORMATION	13
RACE DAY: COURSE LOGISTICS & SAFETY	14-15
RACE DAY: RELAY INFORMATION	16
MAPS	17-24
COURSE DESCRIPTION	25-27
RACE DAY: POST-RACE FESTIVITIES	28
THANK YOU!	29
ABOUT OUR SPONSORS	30-35



GOOD LUCK TO ALL PARTICIPANTS!

Thank You For Visiting
Our Town

The **GUILD** of CLINTON



SHOPPING • SERVICES • DINING • CULTURE

13.1

Thirteen Point One Miles
69,168 Ft
23,056 Yards
21.08 Kilometers
HALF MARATHON

You've Got This Covered!



Farmers
Insurance Company
of Flemington

A Mutual Company – Putting Policyholders First Since 1856

...and we've got you covered with great rates on home, condo and business insurance, plus customer satisfaction ratings that consistently lead the pack.

At Farmers of Flemington, we go the extra mile so you can keep your eye on the finish line.

Call or visit us online to find an agent near you.



www.FarmersOfFlemington.com

(800) 842-5032



WELCOME TO YOUR RACE!

Here's to the Doers...

Seems like just yesterday when a group of us sat down with a few crazy ideas to bring together all things local...athletes, families, businesses, community groups...in a celebration of health that would culminate in a 13.1 journey through some of Hunterdon's most beautiful landscape. Of course, from the onset, we knew it'd be a challenge. But like those training for this weekend's events and those benefiting from the proceeds raised in the fight against addiction, we also knew that we could connect and "link shields" with other like-minded folks (you). Step by step, together, we can create a memorable experience, and one that makes a difference.

The **2018 Main Street Half Marathon of Hunterdon** weekend celebrates the doers! The committed athletes willing to pound the pavement and model healthy behavior. The families and Superhero Sprinters who know that fun and fitness are best when shared and celebrated. The volunteers, businesses and event sponsors who willingly invest their assets of time, energy and hard earned money into events that matter. And finally the community groups, stakeholders, elected officials and towns who "get it"...the ones who understand that in order to thrive, we must take down barriers to facilitate genuine social connectedness and real community!

2018 has truly been a team effort and we most sincerely hope you enjoy the ways in which those working behind the scenes have made it even better, and a full weekend event. Be sure to stop in downtown Clinton on Saturday 10/6 where athletes can pick-up race packets, a larger selection of race swag and official "merch", and all community members can enjoy the **EXPO** (open to the public) with 50+ vendors and local merchants, live musical entertainment, the outdoor beer garden and pasta bar, kids activities like face painting and a traveling magic show, and of course the "Superhero Sprint" kids race down Main Street!

Come race day, whether you're an athlete, volunteer or spectator, keep an eye out for some **new features** to this year's course including live entertainment, a "loudmouth" contest that will award \$500 to the best cheer zone as voted by race participants, team relays, "home-cooked" course amenities like apple pie, a rocking finish line with local talent and a post-race Oktoberfest and awards ceremony in downtown Flemington a couple hundred yards past the finish (just enough to cool down)!

Yes, 2018 is a celebration of health...a celebration of so many who have come together to make it happen.

Thanks for being a "Doer"...here's to you!

#RaceLocal

Eric Eisenhart

Race Co-Director

Main Street Marathon Series



SCHEDULE OF EVENTS

SATURDAY, OCTOBER 6TH IN CLINTON

- PACKET PICKUP:** Hunterdon Art Museum, 7 Lower Center St. **1:00 PM – 5:00 PM**
- EXPO AND VENDOR FAIR:** Main Street and Vicinity **1:00 PM – 5:00 PM**
- SUPERHERO SPRINT:** Main Street **3:00 PM**
- LIVE MUSIC:** Main Street and Vicinity (*See Event Details Page for Info*) . . . **12:30 PM – 5:00 PM**
- BEER GARDEN / PASTA PARTY** Dora Restaurant, 17 Main St. . . . **1:00 PM – 5:00 PM**

SUNDAY, OCTOBER 7TH

- SHUTTLES TO START:** Liberty Village Lot, Flemington, **Must Preregister!** **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:** Lone Eagle Brewing, Stangl Rd., Flemington . . **10:00 AM – 2:00 PM**
- AWARDS CEREMONY:** Lone Eagle Brewing, Stangl Rd., Flemington. **10:45 AM**



EXPO & PACKET PICKUP: OCTOBER 6TH

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

From 1:00 PM until 5:00 PM on Saturday, October 6th! 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 Ever been to an “outdoor” race expo? Us neither...but that’s the plan. Check out a full listing of details on the [EXPO page](#) of our website!

On Saturday, 10/6 packets will be available for half marathon participants at the [Hunterdon Art Museum](#) terrace just off Main Street, Clinton from 1:00 PM until 5:00 PM (**note: no race day packet pick-up**). But there’s more, thanks to sponsorship from the [Clinton Guild](#) and coordinated efforts with [Simply Stated Consulting](#). Come out and enjoy the **Main Street Half Marathon of Hunterdon** Expo from 1:00 PM – 5:00 PM and soak in some of the following features:

PACE TEAM & COURSE EXPERTS We’re so grateful pace leaders from BaseCamp Athletic Club and course physical therapists from Pro-Activity are back again this year! 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? Stroll over to local favorite restaurant [Dora](#) and carb up on their various pasta entrees and craft brews from [Lone Eagle Brewing!](#) (**Pay as you go.**) Catch a perfect spot to watch the Superhero Sprint kids race and enjoy some acoustics from local musician [Andrew Lobby!](#) Please note, seating for the beer garden and pasta party is available on Dora’s outdoor patio from 1:00 PM until 5:00 PM, however given the tremendous demand, keep an eye [on this link](#) for potential pre-sale tickets.

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 MSHM LONG SLEEVE 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. Check out featured vendor [JackRabbit Sports & Altra](#). And stroll the town to meet a few of our Main Street Merchants, 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](#)
near Main & Leigh Street, Clinton
- 2:00 PM: [Andrew Lobby](#)
in the Beer Garden at Dora
- 3:00 PM: [Panama Revival](#)
and [Rock Prodigy Kjersti Long](#)
near the Hunterdon Art Museum

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

- [Jungle Dave’s Magic Show](#)
- [Henna & Face Painting Artists](#)
throughout Main Street
- “Super” Photo Ops *near Main & Leigh Street*
- [Superhero Sprint](#) kids race on Main Street
(see Page 6 for Details)

GET SOCIAL!

Documenting your journey, bragging about your accomplishments or just taking it all in? Use and share the hashtags [#mshm18](#) [#riseto-glory](#) and [#racelocal](#) to share the weekend’s events with everyone!



SUPERHERO SPRINT: OCTOBER 6TH, 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! New in 2018 we've

added the **Superhero Sprint** kids race which 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** (capes for the first 100 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!)** at the Hunterdon Art Museum
- **3:00 PM Superhero Sprint Start (near Main & Leigh St)** Sprinters will go off in waves according to ages



READY. SET. Goddard!

We help children explore and discover their interests through play in a safe environment. Highly trained teachers gently guide and encourage children every step of the way as they grow, develop and achieve important milestones.



CALL TODAY!

CLINTON • 908-752-4664
1541 Route 31

GoddardSchool.com

The Goddard Schools are operated by independent franchisees under a license agreement with Goddard Systems, Inc. Programs and ages may vary. © Goddard Systems, Inc. 2018.

License #130400212



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! Traditional American, Mexican, Asian, Italian, Spanish, Seafood, Farm-to-Table and more are 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.



HEALTHQUEST
FITNESS CLUB

*Hunterdon County's
Premier Health Club*

Club Industry
**TOP
100
CLUB**

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.

310 Hwy 31 N • Flemington, NJ
908.782.4009
HQFIT.COM





EXPO: VENDORS & MORE

RACE LOCAL. SHOP LOCAL. SUPPORT LOCAL!

Today's EXPO and Superhero Sprint is managed in partnership with Simply Stated Consulting. They coordinated efforts to bring together a wide array of vendors, local merchants, musicians, restaurants and other entertainment, along with 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. Thank you!

Addicted Jeans – Main Street

[Advocare](#)

Allergy Breakthrough Center – Main Street

Ultra Running Shoes – Pop-Up Shop

[Arbonne](#)

Audio Video Synergy – Main Street

BaseCamp Athletic Club – Pace Leaders & Race Info Booth

Basil Bandwagon Natural Market – Clinton and Flemington

Beyond Bijoux – Main Street

[Chalk Couture](#)

[Chic Cycles](#)

Christie's Bake Shop – Main Street

Christine's Bath and Gift Boutique – Main Street

[Circle Socks](#)

Clinton Bike Shop – Main Street

[Color Street Manicure on the GO](#)

[Cracker Barrel](#)

Designer Dawgs – Main Street

Dora's Restaurant – Pasta Party!

[Elevation Fitness](#)

[Girls on the Run of Hunterdon, Bucks
& Warren Counties](#)

[Hill Runners of Hunterdon Running Club](#)

Hunterdon ART Museum – Lower Center Street: Packet Pickup!

Hunterdon Prevention Resources – Prescription Drug Take Back Day

Jack Rabbit Running Co – Pop-Up Shop for Runners' Needs!

JJ Scoops Ice Cream – Main Street

Just Chill FroYo – Main Street

[Kimpressions](#)

[Lavish Adornment](#)

Le Salon Bleu – Main Street

[Lisette Toys](#)

Lone Eagle Brewery – Beer Garden at Dora's!

[LulaRoe](#)

[THE MAX Challenge of Clinton](#)

Made To Order Jewelry & Gifts – Main Street

[Magic Ninja Dust](#)

[Martin's Funeral Home](#)

[My Thirty One](#)

[Natural Beauty](#)

Norma-Weichert Realty – Main Street

[Of Bee Essence](#)

One Room Studio – Official Merch Shop!

[Orange Theory Fitness](#)

Pro-Activity – Presenting Sponsor!

Refined Day Spa – Massage Station!

[Sarah Nicole Pottery](#)

[SeneGence/LipSense](#)

[Sister Cities Tours](#)

[Slime Life Ladies](#)

The Red Mill Historic Village – Main Street

[Travel Exchange](#)

[Young Living Essential Oils](#)

BOLD = Main Street Merchants & Strategic Partners

RED = Featured Highlights



EXPO: DEALS OF THE DAY

<p>Look for these DEALS OF THE DAY offered by vendors and Main Street Merchants exclusively for EXPO and Superhero Sprint attendees!</p>	<p>Arbonne Taste all of our nutrition products as well as receive 20% off any nutrition purchase. A portion of sales will be donated to support the prevention of Opioid Abuse.</p>	<p>Beyond Bijoux Stop in for Free earrings and Beyond Bijoux will donate 25% of weekend sales to the fight against drug addictions.</p>	<p>Thirty-One Gifts \$5 off any purchase of \$25 or more for Sprinters and their family. We will DONATE a portion of the EXPO sales to support the fight against drug addictions.</p>
<p>Circle Socks Purchase ANY 5 pairs of socks for \$20</p>	<p>COSTCO EXPO Day Sign Up Deal - \$20 Costco cash card + \$60 Coupons & Free Items for Executive Membership, \$10 Costco Cash Card for Gold Star Membership.</p>	<p>Allergy Breakthrough Center \$99 Holistic Allergy quick assessment, \$50 Chiropractic treatments, \$50 nutrition assessment</p>	<p>Gloss Boss 10% off purchases of \$50 or more</p>
<p>The Goddard School Free registration worth \$150, if registered by April 1, 2019.</p>	<p>Hill Runners of Hunterdon Special membership deal. \$20, good through 2019. EXPO day only. New memberships only.</p>	<p>JackRabbit Running Store 10% off all purchases at the EXPO!</p>	<p>Just Chill Will donate 10% of the days sales of smoothies to help prevent Opioid Abuse!</p>
<p>Kimpressions Follow Kimpressions on Social Media and be entered to win a free custom "HOME" sign.</p>	<p>Lavish Adornment Henna Follow on social media and choose ONE henna design from the FREE page!</p>	<p>Salon Bleu Wear a superhero cape into the salon and receive a special gift!</p>	<p>LuLaRoe 30% off rack items & spin the wheel for prizes on each purchase!</p>
<p>Sunrise Rotary & Martin's Funeral Home 16 oz. cups filled with popcorn, pens, water, and a chance to directly donate to the Sunrise Rotary towards the making of a new educational opioid abuse video.</p>	<p>Red Mill Museum Discount Tickets to the Haunted Village attraction!</p>	<p>Statement Nails Candy, pretzels and gummy bears. Free Accent Nails!</p>	<p>Sister Cities Food & Shop Tours will be raffling off a tour for 2.</p>
<p>THE MAX Challenge Adult and kid-friendly giveaways at our booth. Enter our raffle for a chance to win a free 10-Week Challenge! The MAX will DONATE \$25 for each new member signed up via referral from booth or swag advertising.</p>	<p>Young Living With a purchase of a Young Living Premium Starter Kit (of your choice), new member will receive a FREE spray bottle of Thieves Household Cleaner.</p>	<p>Main Street Half Marathon PRESENTS  MAIN STREET SUPERHERO SPRINT</p>	<p>HUNTERDON ART MUSEUM is open to the public during the EXPO. Stop in to see the exhibitions, including the limited curation "Lace, Not Lace"</p>

Good Luck, Runners!



Organic Produce & Grocery • Premium Supplements •
Health & Beauty • Cafe



FLEMINGTON
276 US HWY 202/31
908-788-5737

CLINTON
38 OLD HWY 22
908-735-3822



ShopRite

wishes all
participants
a great race!

GOOD
LUCK
TO ALL
RUNNERS!



UNITY BANK
growing with you!



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.



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



Commemorative "Town" T-Shirt Gildan Dryblend. Unisex. Colors as seen in our logo. Wear your colors! **\$15**



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



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



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



Car Magnet Full color graphic. Show off! **\$5**



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



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. The 2017 race helped scholarship a local resident into the care they needed while also bringing the *Improbable Players* addiction prevention program to North Hunterdon High School.

In 2018 we are again pleased to be teaming up with [BaseCamp 31](#) and the [Municipal Alliance of Hunterdon County](#) to bring prevention programs and efforts into local schools and look forward to expanded offerings. New this year, we are also excitedly welcoming Hunterdon County Prosecutor Anthony Kearns and his team who will bring 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. Finally, we welcome [Prevention Resources, Inc.](#), a Hunterdon agency dedicated to the prevention and education of substance abuse and related issues. Look for their Drug-Free pledge banner for all willing to sign!





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 6:30 AM and 7:00 AM, heading for an arrival at the starting line no later than 7:30 AM. **Please Note: Shuttle is for Participants only. No spectators will be allowed to board.**

Reservations ([CLICK FOR ONLINE FORM](#) if you haven't already done so) **required and space is limited.** 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, 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 those around you who may expect you to be moving at a different pace. Runner waves will begin being released at 8:00 AM sharp!

PLEASE NOTE this event is walker friendly. Walkers will have a 7:30 AM start time.

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

- Starting line - [Doctor D Entertainment](#)
- Mile 3.5 - [Ed Jankiewicz](#)
- Mile 9 #RiseToGlory: [David Cohen Bag Pipes](#)
- 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. 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 & 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!

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, they'd call it a 5k". 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!

Please be sure to wear big on front for most accurate timing.

More course details can be found in our detailed run-through of the entire course, beginning on page 25, as well as our maps in this book, pages 17 to 24. ([INTERACTIVE MAP HERE](#)). **However, please note the following important course information:**

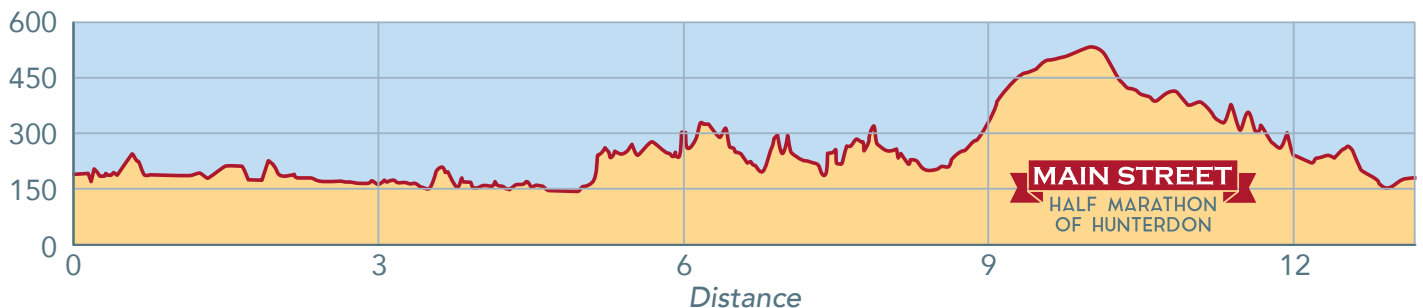
MANY ROADS ARE OPEN TO TRAFFIC Though out in "the country" you're more likely to run into a deer than a car, please be mindful of traffic!

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 Thanks to joint efforts from the Hunterdon County Office of Emergency Management, police departments from Clinton, Franklin Twp., Clinton Twp., Raritan Twp., and Flemington Boro, and 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.

More than just your typical race, we'll have a team of Physical Therapists, 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 RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		



We're the "actually-in-your-neighborhood" neighborhood bank. That means your community is ours, too. And when we get a chance to help make our community stronger, we don't think twice. It's just one more way you know we're committed to you.

178 CENTER STREET
CLINTON, NJ 08809

30 STATE ROUTE 31
FLEMINGTON, NJ 08822



www.Provident.Bank MEMBER FDIC



Special Offer

New Executive Members receive a **\$20** Costco Cash Card.*



Or, new Gold Star and Business Members receive a **\$10** Costco Cash Card.*

2 Walter E. Foran Blvd.
Flemington, NJ 08822



RACE DAY: RELAY INFORMATION

IT TAKES TWO!

BIBS, TIMING AND LOGISTICS If you sign 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 17](#) 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. If you'd like to take advantage of that, you can sign up for it online ([CLICK FOR ONLINE FORM](#)). 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!*

Leon's
SOD FARMS

"A Growing Tradition Since 1969"



908-713-9496
www.leonssodfarm.com

EXPO ACTIVITIES MAP : DOWNTOWN CLINTON

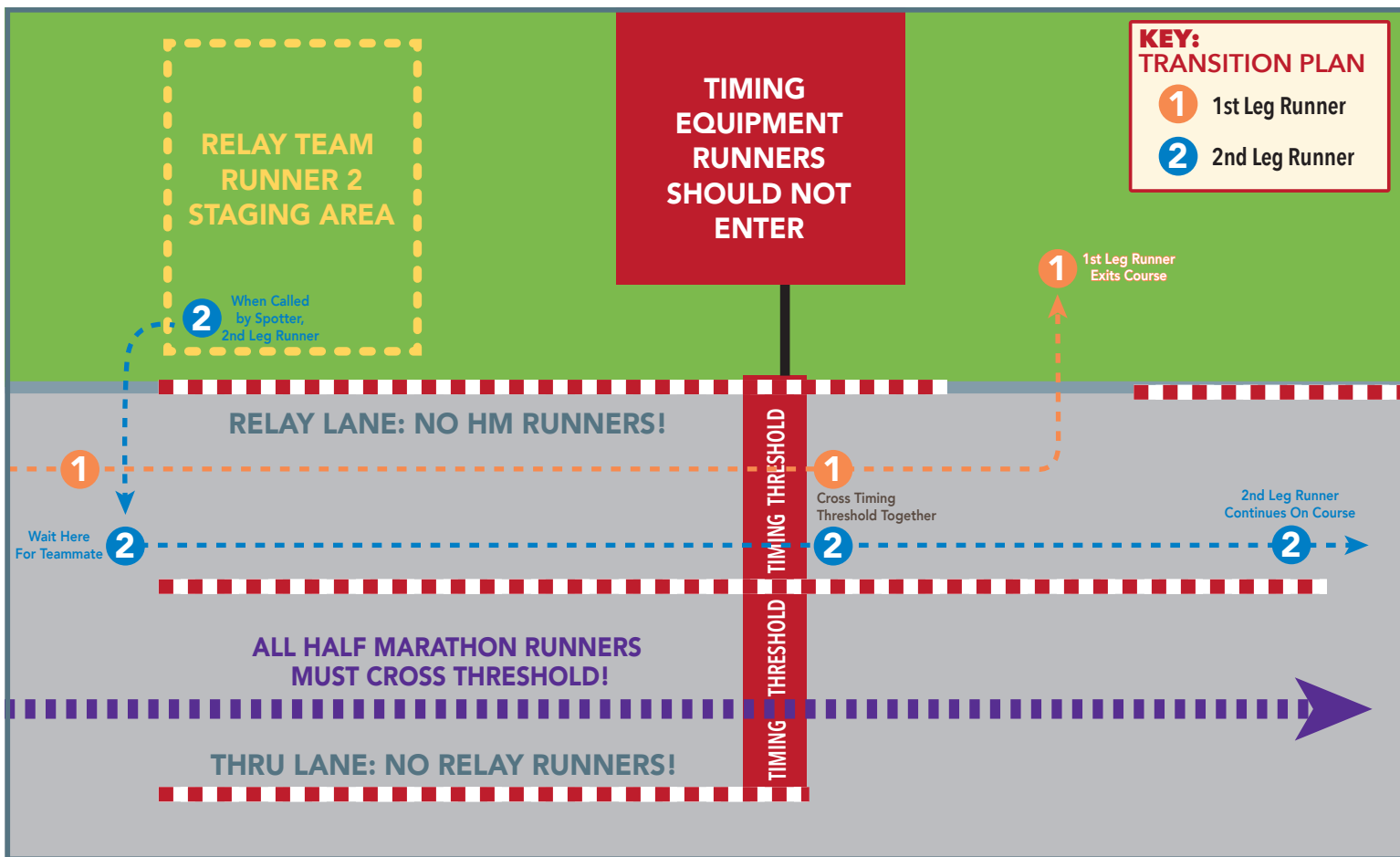
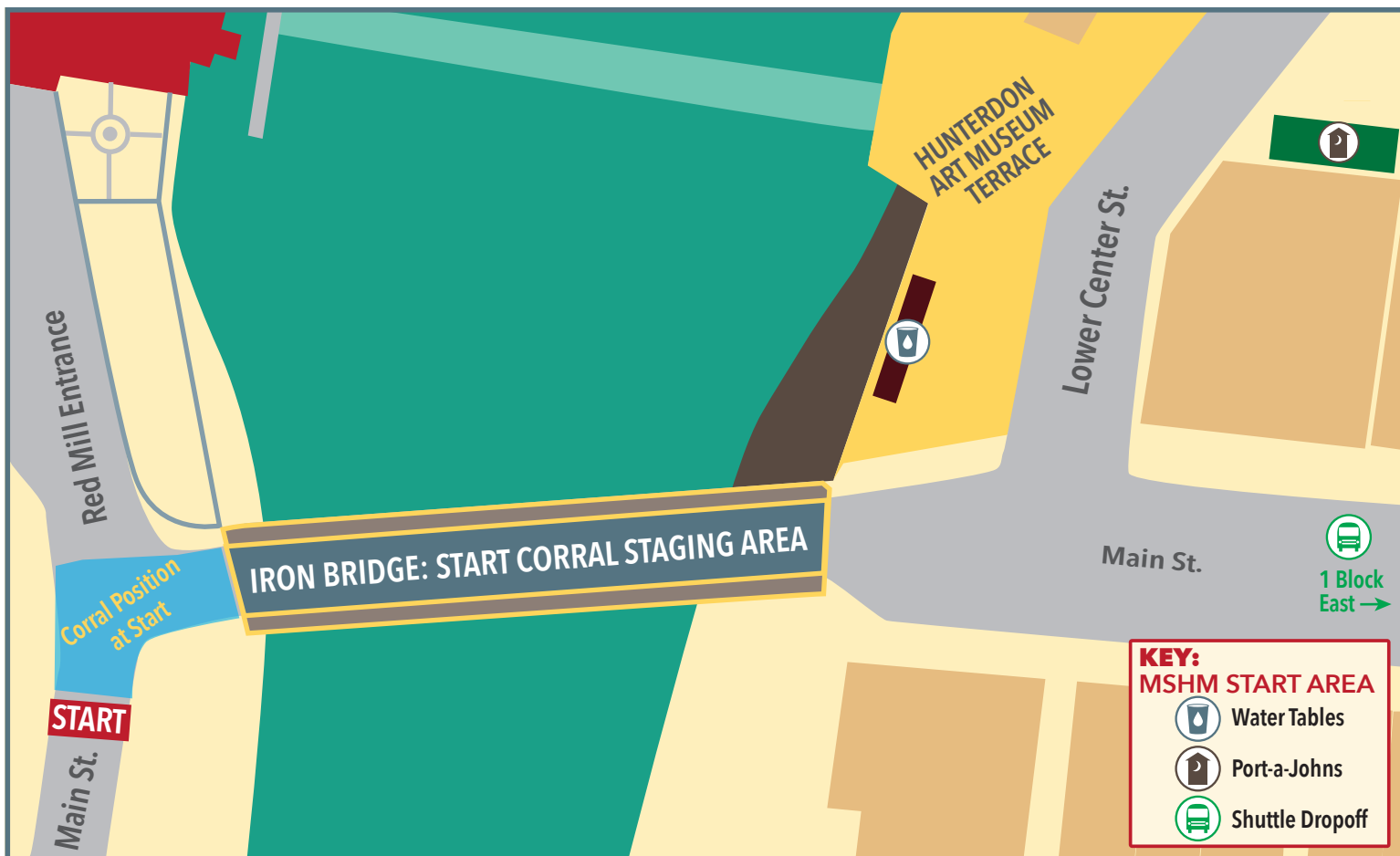


PACKET PICKUP MAP : HUNTERDON ART MUSEUM



MAP:
PACKET PICKUP
@ HUNTERDON ART MUSEUM

STARTING AREA MAP & RELAY TRANSITION PLAN



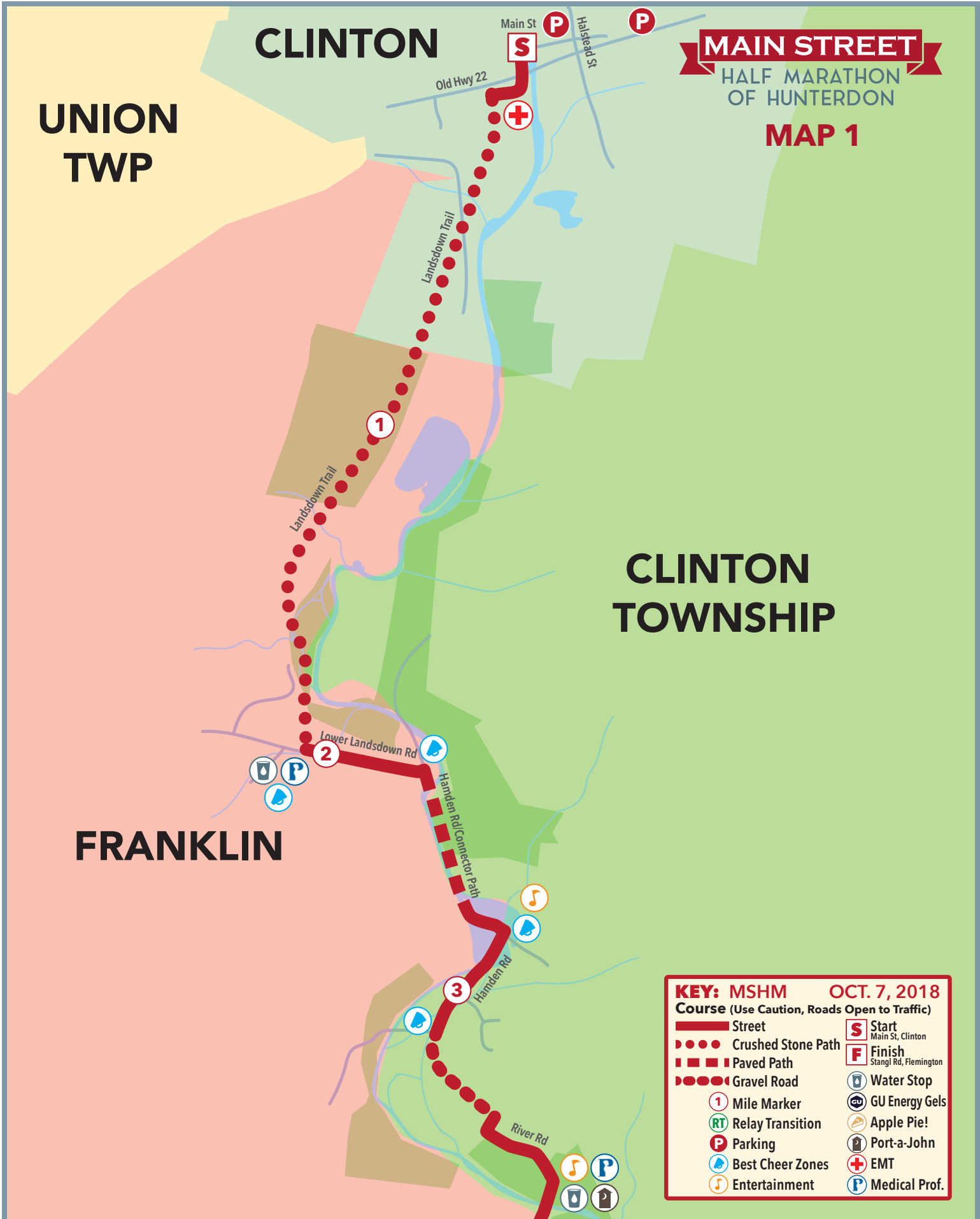
CLINTON

UNION
TWP

MAIN STREET HALF MARATHON OF HUNTERDON MAP 1

CLINTON
TOWNSHIP

FRANKLIN



KEY: MSHM OCT. 7, 2018
Course (Use Caution, Roads Open to Traffic)

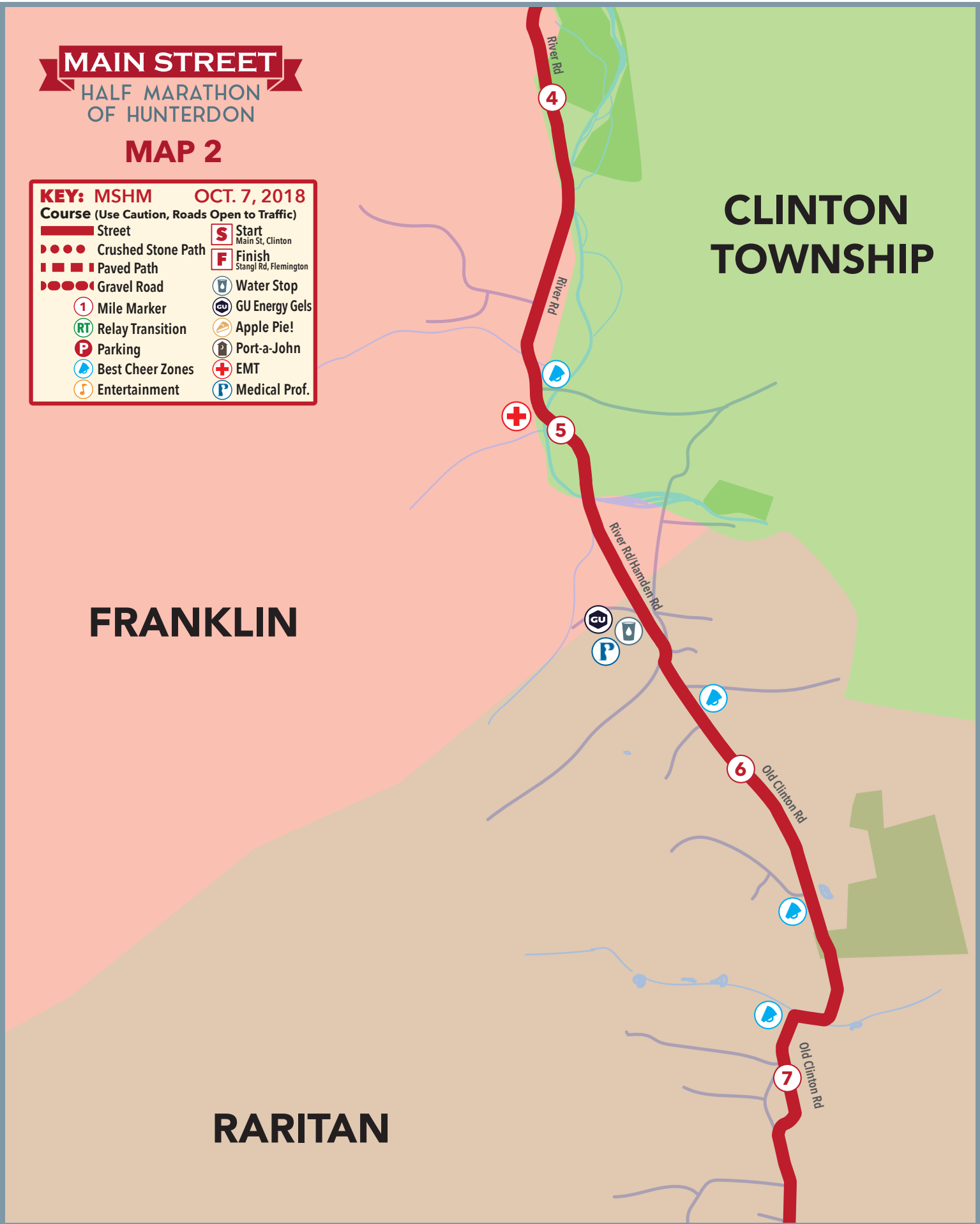
Street	Start Main St, Clinton
Crushed Stone Path	Finish Stangl Rd, Flemington
Paved Path	Water Stop
Gravel Road	GU Energy Gels
Mile Marker	Apple Pie!
Relay Transition	Port-a-John
Parking	EMT
Best Cheer Zones	Medical Prof.
Entertainment	

continued on MAP 2

MAIN STREET
 HALF MARATHON
 OF HUNTERDON
MAP 2

KEY: MSHM OCT. 7, 2018
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	

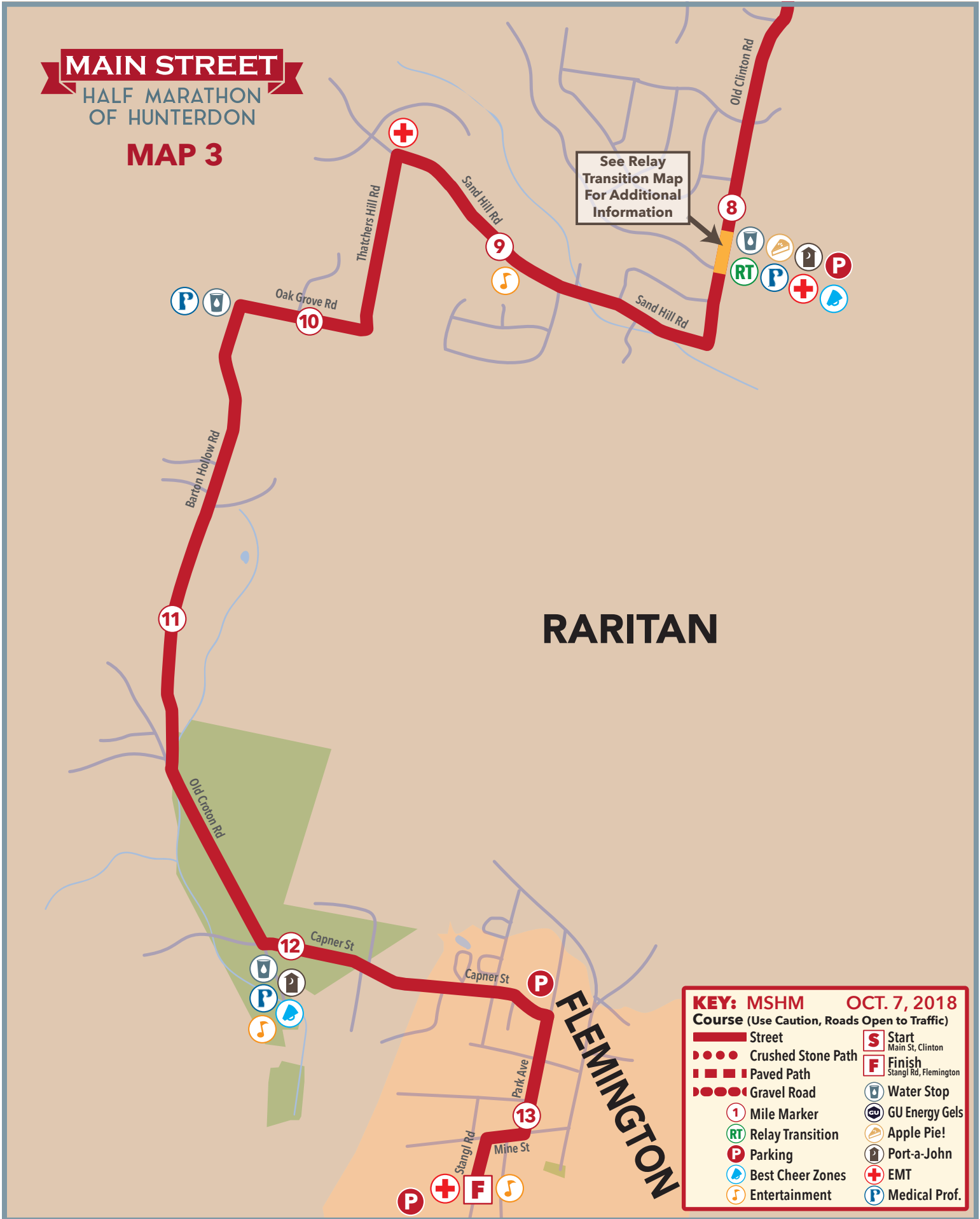


**CLINTON
 TOWNSHIP**

FRANKLIN

RARITAN

MAIN STREET
HALF MARATHON
OF HUNTERDON
MAP 3



See Relay Transition Map For Additional Information

RARITAN

FLEMINGTON

KEY: MSHM OCT. 7, 2018
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



FINISH AREA MAP : STANGL ROAD, FLEMINGTON



KEY:
MSHM FINISH AREA

-  Last Leg of Course
-  Parking Lots
-  Shuttle Parking/Pickup
-  Runner Refreshments
-  The Big Fuss Band
-  HealthQuest Recovery Tent
-  Restrooms
-  Awards Ceremony
-  Post-Race Party @ Lone Eagle Brewing



COURSE DESCRIPTION

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

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.

- 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.

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.**

NOVEMBER 4-9 2018

Taste
OF
FLEMINGTON

RESTAURANT WEEK

Experience the Flavors of Flemington

TASTE OF FLEMINGTON
FALL RESTAURANT WEEK
NOVEMBER 4 - 9
SPECIAL 3 COURSE
PRIX FIXE DINNERS
\$25 or \$35

BREAKFAST + LUNCH + TAKEOUT SPECIALS!



DASET 
Home Inspections LLC

Good luck to all the
runners & superhero kids!
Wear your capes proudly!

Visit us at dsethome.com or call 908-914-5804



COURSE DESCRIPTION (cont. from page 25)

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!



Official supplier of this year's Top Finisher Awards!

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



THE BIG FUSS

f  www.thebigfussnj.com  

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!

Here's the thing though, this year we're making a little turn to a different "main" street (Stangl Rd.) and it's going to be like being welcomed home by your younger brother...who plays in a rock band...loud, and likes to party! We're pleased to welcome 2018 Hunterdon Happenings Winner [The Big Fuss](#) as our finish line band!

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, and enjoy some post race snacks donated by local businesses, and your custom medal of achievement as you head towards an Oktoberfest-themed Finish Line Party hosted by [Lone Eagle Brewing](#). Bring your beer / food tickets and redeem them for a brew / bite or two with Lone Eagle! Need some R&R before the party? No worries. Event sponsor [HealthQuest of Hunterdon](#) will again have their recovery tent out for you to relax and stretch! 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 for friends and family members!

AWARDS In addition to custom medals for all finishers, thanks to the generous sponsorship from the talented artisan [Bill Healy](#), we are going to have a custom designed award for first place overall male and female runners. But that's not all! We'll celebrate 2nd and 3rd Overall M/F, 10 Year Age Groups (Top 3 M/F), [Team Challenge](#) winners, and introduce [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!

Without all of you...

Nothing great would ever get off the ground if it weren't for the people, businesses and community members that supported it! We're so very grateful for the incredible support we've received to bring this event from idea to reality. 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. These folks saw our vision for this event, and took down barriers for it to happen, while ensuring the safety of residents!

To our many Vendors and Entertainers, simply stated....you bring the experience up many notches for all involved.

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 Scout Troops 149 and 80104, members of the Voorhees, North Hunterdon, and Hunterdon Central X-Country Teams, Cracker Barrel, Clinton United Methodist Church, Basil Bandwagon, BaseCamp Athletic Club, and the professional staff at Pro-Activity, without your many hands, this would be some incredibly HEAVY work.

And finally, to our participants....you've heard us say it before...you'll hear us say it again...*THIS IS YOUR RACE!* We're pleased you chose to **#RACELOCAL**, and look forward to supporting you along the way!

With Gratitude,

The Main Street Half Marathon of Hunterdon Team

Eric Eisenhart
Nick Ricco
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.

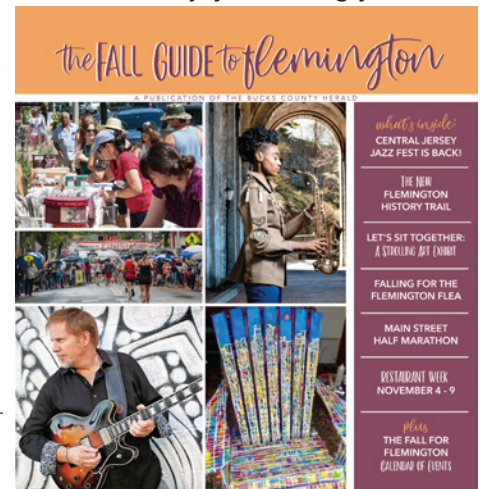
FLEMINGTON COMMUNITY PARTNERSHIP

All of us - the businesses of the Flemington Community Partnership - would like to thank you for attending the second 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.exploreflemington.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





ABOUT OUR SPONSORS

THE GODDARD SCHOOL

Fun, Hands-On Activities Pave the Way to Learning at The Goddard School® of Clinton



CLINTON

GoddardSchool.com

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. "Our play-based F.L.EX.® Learning Program ensures that we meet high standards specific to early learning, development and care," she says.

The F.L.EX.® Learning Program (Fun Learning Experience) is grounded in research on how children learn best: children experience the deepest, most genuine learning when they are having fun. It's designed to help build each child's emotional, academic, social, creative and physical skills to provide a well-rounded experience and help each child become school-ready, career-ready and life-ready.

Above all else, Kathy, the education director and the faculty work with parents to nurture children into respectful, confident and joyful learners. They are also committed to open and daily communication and inform parents about their children's daily care, activities and accomplishments, which helps fortify the home/school connection.

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



HUNTERDON HEALTHCARE FOUNDATION

"Working Together From the Heart."

The Hunterdon Healthcare Foundation, the fundraising organization for the Hunterdon Healthcare System (HHS) - 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

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.



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

LE Salon Bleu | 8 Leigh St. | Clinton, NJ



Old Country Store

*Runners
Rock!*

Please enjoy the use of our rocking chairs
during the weekend's events.

Cracker Barrel Old Country Store
14 Frontage Road, Clinton, NJ

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

ANDREW LOBBY

COO COO CACHOO

PANAMA REVIVAL

KJERSTI LONG, ROCK PRODIGY

SUPPORT LOCAL MUSIC!



Thinking about
buying or selling
a home?

Reach out to:

Nicholas Ricco

908-200-3682 cell
908-751-7750 office
nickricco@hotmail.com

kw
KELLERWILLIAMS.

Good Luck Runners...Go Beyond Excuses!

Simply Stated Consulting

People and relationships are the heart and soul of business success. With employees engaged, customers cultivated, and experiences elevated... we help you transform challenges into solutions... and your Business Development is Defined.



www.SimplyStatedTransformations.com

Michelle LeGrand 908-516-4648

Find your strength, reach your goal!

YOU GOT THIS!

Good Luck Participants

one room studio
CREATIVE
SERVICES

oneroomstudiocreative.com


TRANQUILLI
FINANCIAL ADVISOR

PLAN WITH PEACE OF MIND

35 Leigh Street | Clinton, NJ 08809

www.louistranquilli.com



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, to learn more about their community and fitness opportunities.

healthquest-fitness.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

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

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

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



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

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

DASET HOME INSPECTIONS

DASET Home Inspections LLC, 2018 Entrepreneur of the year, is proud to offer high-quality home inspections throughout New Jersey. Our pricing is competitive and transparently listed on our website. We take the time to make sure all of your questions are answered before, during and after the inspection. We offer home inspections for buyers, pre-sale inspections for sellers, radon, termite, pool, and mold inspections. We are your one stop shop! We have earned our testimonials by working hard to make sure that our clients understand the ins and outs of the property we are inspecting. You can be confident that our reputation is built on honesty, integrity and excellent service to all our clients. Whether you are buying, selling or trusting us with any of your inspection needs, we will be there for you every step of the way.

www.dasethome.com

CRACKER BARREL OLD COUNTRY STORE

Our recipe for making your meal a success?

Quite simple, really. It starts with quality food served with care. Offering warm welcomes and friendly service. It takes a dedication to pleasing people and treating our guests and staff like family. Maybe that's why, for over 45 years, millions of folks have trusted Cracker Barrel as a home-away-from-home where they can get a warm, comforting meal. It's a trust we take seriously and couldn't be more grateful for.

And it's a trust we've earned as a homegrown business dedicated to treating our guests to the very best – delicious, hand-prepared fare that's sourced with love and served with a smile.

www.crackerbarrel.com

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



ABOUT OUR SPONSORS



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

SHOPRITE

This #risetoglory sponsor is no stranger to supporting our community. It seems everywhere you turn, they have Hunterdon's back....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

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

SIMPLY STATED CONSULTING

This year, MSJM partnered with Simply Stated, to achieve the vision of an elevated experience for all EXPO attendees. With SSC, passion inspires productive leadership, so your vision doesn't become a "faster caterpillar," your vision takes flight. *Employees Engaged. Customers Cultivated. Experiences Elevated.*

www.simplystatedtransformations.com

PROVIDENT BANK

For more than 175 years, Provident Bank has served individuals, families, and businesses in our local communities. We're proud of that. And we're proud of this: we're still your bank—right here, right now. What your parents wanted? We had it. What you need? We've got it. What your kids will face? We'll solve it. You are our commitment. That's why we strive to deliver a mix of innovative services, social impact, and real connection to simplify your life and power your dreams—always with commitment you can count on.

www.provident.bank

TRANQUILLI FINANCIAL ADVISOR

At Tranquilli Financial Advisor, there is no "one size fits all" formula for finances. I use a hands-on approach to create tailored financial solutions for every stage of life so you can spend more time with the people you love, enjoy the places you want to experience, and support the causes that matter most to you.

As an independent advisor, I am not influenced by corporate ties. Each decision is made with your best interest and specific circumstances in mind. My client base is limited by choice, ensuring that you will receive the personalized attention you deserve. I will work with you to understand your needs, define your goals, and develop a plan that suits your personality and individual investment style.

www.louistranquilli.com





GROUP RUNS

Saturdays at 8:00 AM
All Paces • Various Distances

EVERYONE WELCOME!

1250 Route 31 North, Lebanon, NJ 08833 • bc-ac.org

RESULTS MATTER



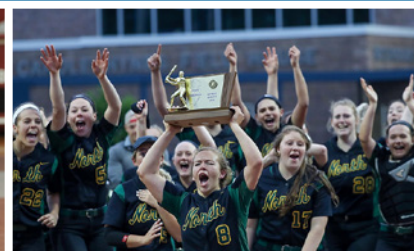
Dr. Kristen Prendergast: WINS the Via Half Marathon in a PR 1:22:02



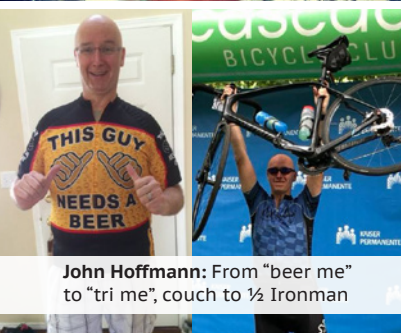
Dillon Adamy, Ray Sellaro and teammates take 10th Nationally in the 4x800!



AJ Derosa: 2018 Region Wrestling Champion



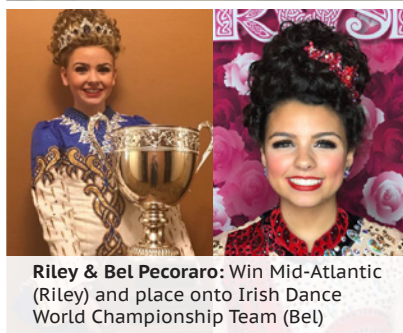
Pro-Activity Affiliate Team: North Hunterdon Softball NJ Group IV State Champions



John Hoffmann: From "beer me" to "tri me", coach to 1/2 Ironman



Pro-Activity brings on new affiliate program Del Val Football



Riley & Bel Pecoraro: Win Mid-Atlantic (Riley) and place onto Irish Dance World Championship Team (Bel)



Frank Batiste qualifies for and completes Boston Marathon, **Dan Minzner**, his 8th consecutive

*Stronger, Happier People
through Better Health*

Fitness • Physical Therapy • Coaching



1250 Route 31 North, Lebanon, NJ 08833
pro-activity.com