



AND FOUR MILER

RACE LOCAL!

OCTOBER 21 & 22, 2023


PRESENTED BY  Hunterdon Health

PARTICIPANT GUIDE

and event information



powered by

 Pro-Activity



GOOD LUCK RUNNERS!

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

VISIT US:

1320 US 22 West • Lebanon, New Jersey 08833



TABLE OF CONTENTS

SCHEDULE OF EVENTS	2
THANK YOU!	3
EXPO & PACKET PICKUP INFO	4
SUPERHERO SPRINT	5
EXPO: PARKING, LODGING, DINING	6
MSHM OFFICIAL MERCHANDISE	7
OUR CHARITABLE PARTNERS	8
RACE DAY: COURSE LOGISTICS & SAFETY	9-10
MAPS	11-13
COURSE DESCRIPTION	14-16
ABOUT OUR SPONSORS	19-20





SCHEDULE OF EVENTS

SATURDAY, October 21TH IN CLINTON

PACKET PICKUP: Red Mill Museum Village, Main St. **2:00 PM – 4:00 PM**

EXPO AND VENDORS: Red Mill Museum Village **2:00 PM – 4:00 PM**

SUPERHERO SPRINT: Red Mill Museum Village **2:00 PM**

MUSIC: Red Mill Museum Village. **2:00 PM – 4:00 PM**

BEER GARDEN Red Mill Museum Village.. **2:00 PM – 4:00 PM**

SUNDAY, October 22TH

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

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

ALL 4 MILERS + HM RUNNERS TO THE 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 – 12:30 PM**

POST RACE PARTY: *featuring Sunken Silo Brewing,*

Hunts Mills Park, Clinton **10:00 AM – 12:00 PM**

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

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. Six 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—most especially Hunterdon Health and the Red Mill Museum Village, 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



EXPO & PACKET PICKUP: October 21TH

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

From 1:00 PM until 4:00 PM on Saturday, October 21st 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, 10/21 packets will be available for half marathon, and relay participants at the [Red Mill Museum Village](#) across the bridge on Main Street, Clinton from 2:00 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, come out and enjoy the **Main Street Half Marathon of Hunterdon Expo** from 2:00 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 and comfy new favorite t-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:

- Music during the 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 next page 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 21TH, 2:00 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 ever,

will begin at 2:30 PM at the Red Mill 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)
- **2:00-2:25 PM Race Check-In (Don't Be Late! Kids are required to have a race bib in order to participate!)**
Red Mill Grounds
- **2:30 PM Superhero Sprint Start** *(course is entirely on Red Mill Grounds) 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 at finish and will be released to parents who have their superhero's corresponding bib tag.*

Have a Great Race!



RE/MAX[®] SUPREME

18 Main Street Clinton, NJ 08809

“Your ‘Home-Town’ Realtors^{®!}”



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.



Farmers Insurance Company of Flemington

A Mutual Company - We Put Our Policyholders First



Have a Great Race!

You've got this and we've got your back.

Serving our community since 1856

www.farmersofflemington.com



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.



#risetoglor T-Shirt Next Level Blend. Men's or Women's Cut. Our Classic Design, **now on clearance: 50% OFF! \$20- \$10**



Logo Hoodie Gildan 50/50. Unisex. Classic, comfy **\$30 \$20**



Pitch Performance Cap Lightweight, adjustable, reflective piping in brim **\$15 \$10**



Die-Cut Sticker Full color logo, crack and peel, weatherproof. Great indoors or out. **\$3 \$2**



Car Magnet Full color graphic printed on magnet. Show off! **\$5.00 \$4.00**



Pint Glass Full color logo, great for your favorite beverage **\$5 2/\$8**



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



OUR CHARITABLE PARTNER

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 the opportunity to work with Hunterdon Health in 2023 came about we were excited to combine our efforts for an incredibly important cause! We are proud to announce the 2023 charitable benefactor for all those who “Run Main Street” (four miler & half marathon) is the Hunterdon Regional Cancer Center - a place committed to providing high-quality care to every patient who enters the doors.... and a place that shares our mission... to support local!

<https://www.hunterdonhealth.org/hunterdon-regional-cancer-center>

**GOOD LUCK
TO ALL
RUNNERS!**



ShopRite®

We Are Proud To Support The

**Main Street
Marathon Series**

ShopRite of Hunterdon County is Owned
and Operated by the Colalillo Family
Caring for our communities since 1958

**Flemington, NJ • Clinton, NJ • Phillipsburg, NJ
Yardley, PA • Bethlehem, PA**

shoprite.com



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

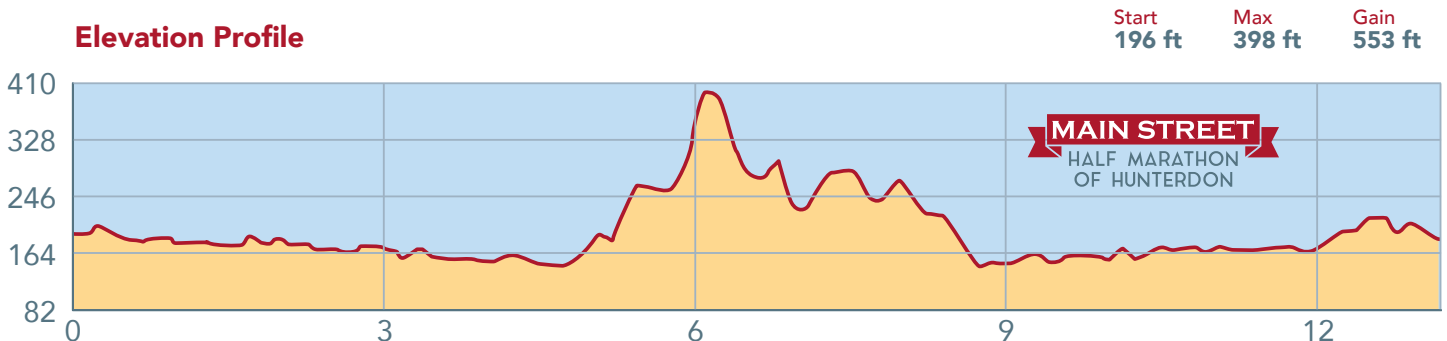
stations and medical professionals can be found at the following approximate locations:

- **Mile 2.3** - Water, Gatorade, Medical Aid
- **Mile 3.8** - Water, Gatorade
- **Mile 4.9** - 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

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 [Hunterdon Health](#) 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 a beverage provided by sponsor [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!





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.

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		

JOIN US FOR OUR NEXT ONE!

the run before
CHRISTMAS
SANTA CON 8K

Saturday, December 16, 2023
At The Red Mill Museum Village

santaconrun.com

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

THE BIG FUSS

f t www.thebigfussnj.com

GOOD LUCK TO ALL PARTICIPANTS!

The GUILD of CLINTON

SHOPPING • SERVICES • DINING • CULTURE



Linda "Schwab" Haughey
Sales Associate

A Lifelong Resident of Hunterdon County
and Award-Winning Realtor!

New Jersey Realtors®
2016
Circle of Excellence Award - Gold Level

Clinton Office: 908-735-8140

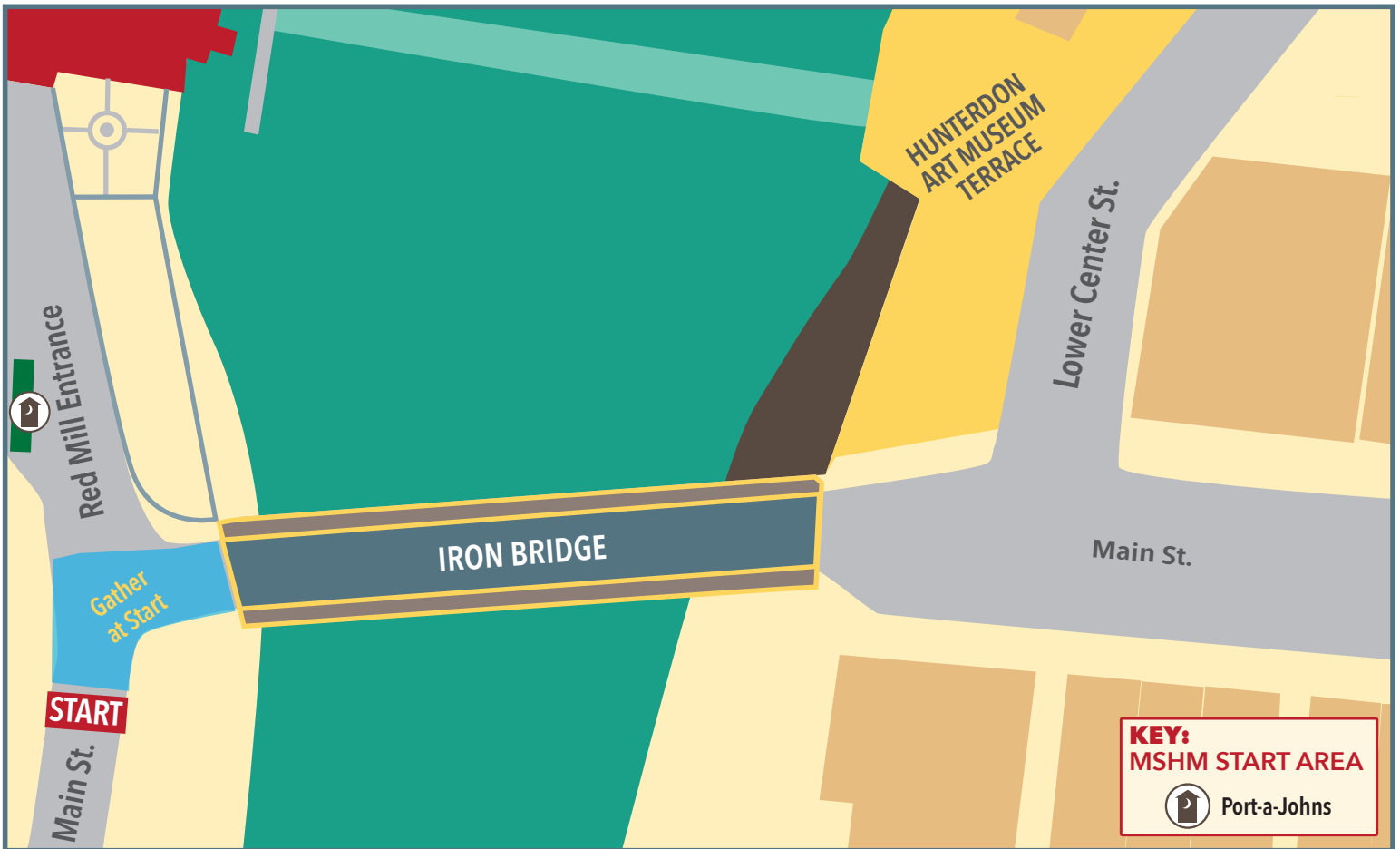
Cell: 908-328-9304

Email: lhaughey@weichert.com

linda-haughey.weichert.com

**Weichert,
Realtors®**

Information Deemed Reliable.



Hunterdon Pediatric Associates

From newborns and toddlers to tweens and teens, Hunterdon Pediatric Associates provides care for kids of all ages and stages. Whether your kids need regular checkups or more specialized care, our team is ready with experience and compassion to support your family in good health.

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

Offices in: Clinton • Flemington • Hillsborough • Washington



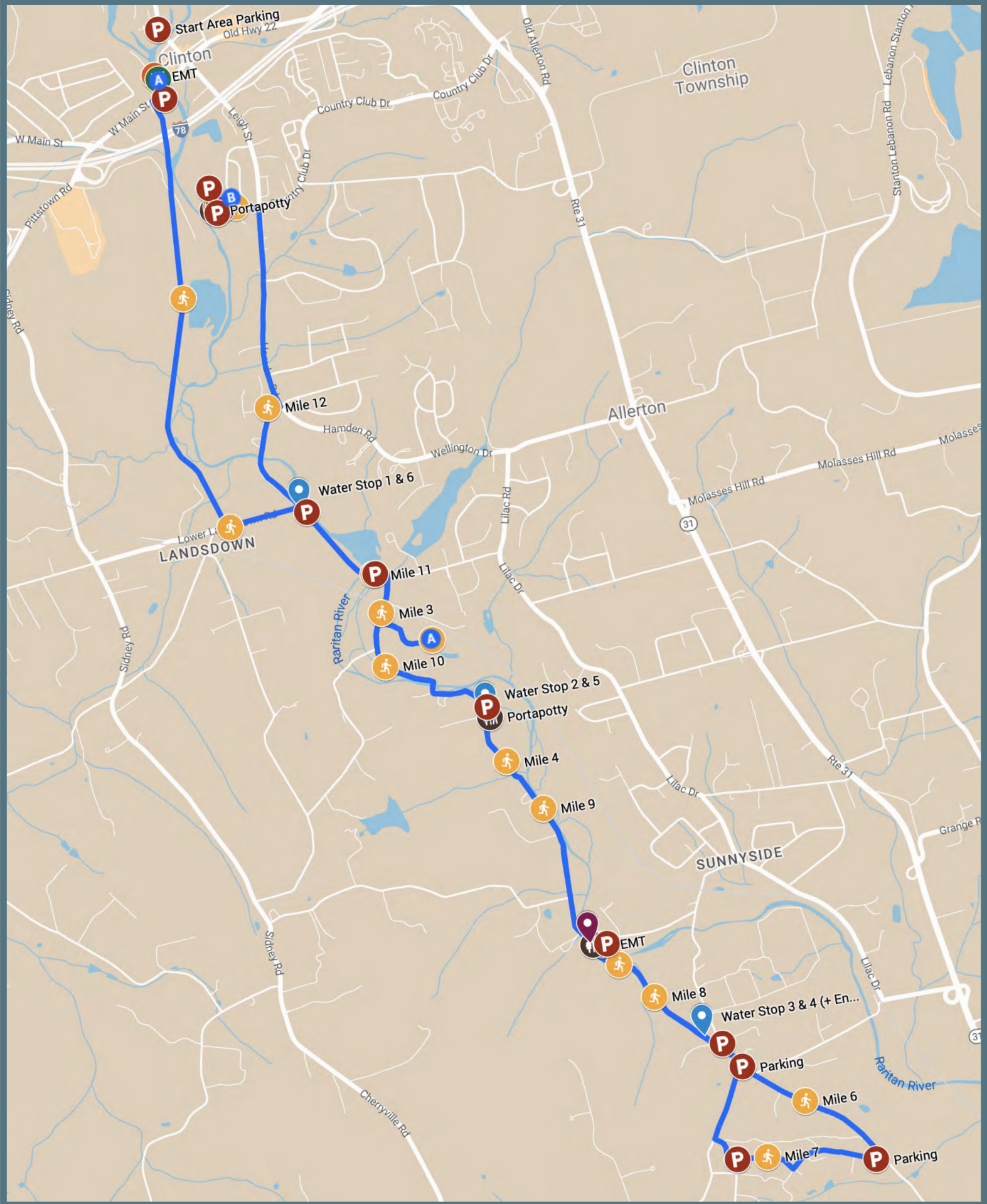
Hunterdon Health

4 MILER COURSE MAP (click map for interactive version)

**4 MILE COURSE
FOLLOWS THE
PURPLE PATH**

**HALF MARATHON
THIS WAY**

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





COURSE DESCRIPTION

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

HALF MARATHON

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.*

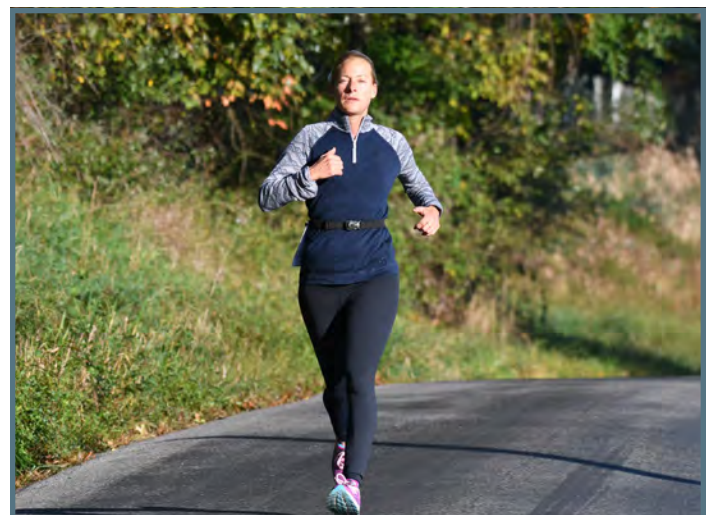
MILE 5 Continue on (up) River Road

- *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, but on this short stretch, please stay to the **RIGHT**.*

You'll be making a right turn shortly.

MILE 6 Continue on Old Clinton Road.

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



COURSE DESCRIPTION

- *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!



COURSE DESCRIPTION (cont. from page 15)

4 MILER

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

Your **water stop** will be located at the intersection of Lower Landsdown Road and Hamden Rd

Turn **left** at Hamden Road and continue towards the bridge over the river.

THAT'S A LEFT! DO NOT TURN RIGHT HERE OR YOU WILL WIND UP RUNNING MUCH, MUCH FURTHER THAN 4 MILES! (HALF MARATHON TURNS RIGHT)



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

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).

MILE 3

Mile 3 is just around the corner from that last turn!

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

Turn left onto Mitchell Ln

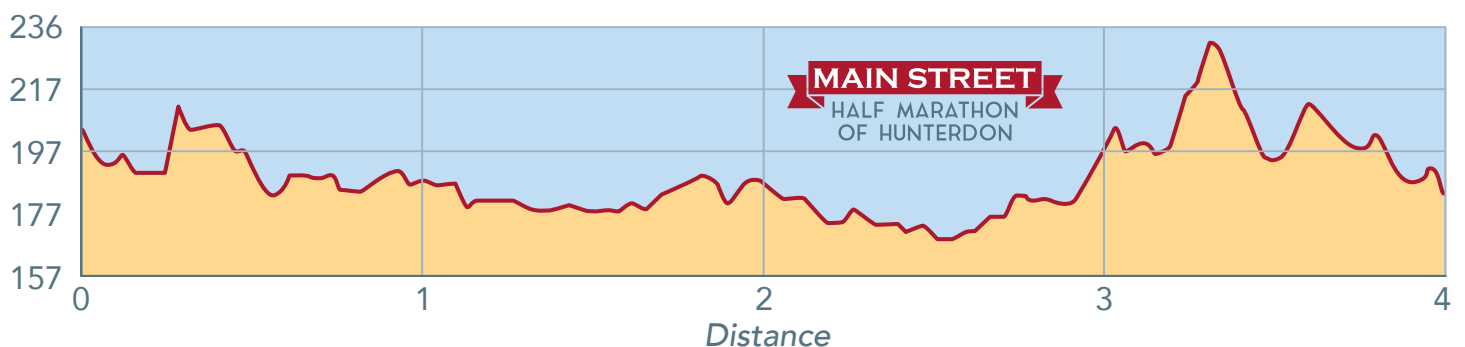
Turn right on Haver Farm Rd

FINISH

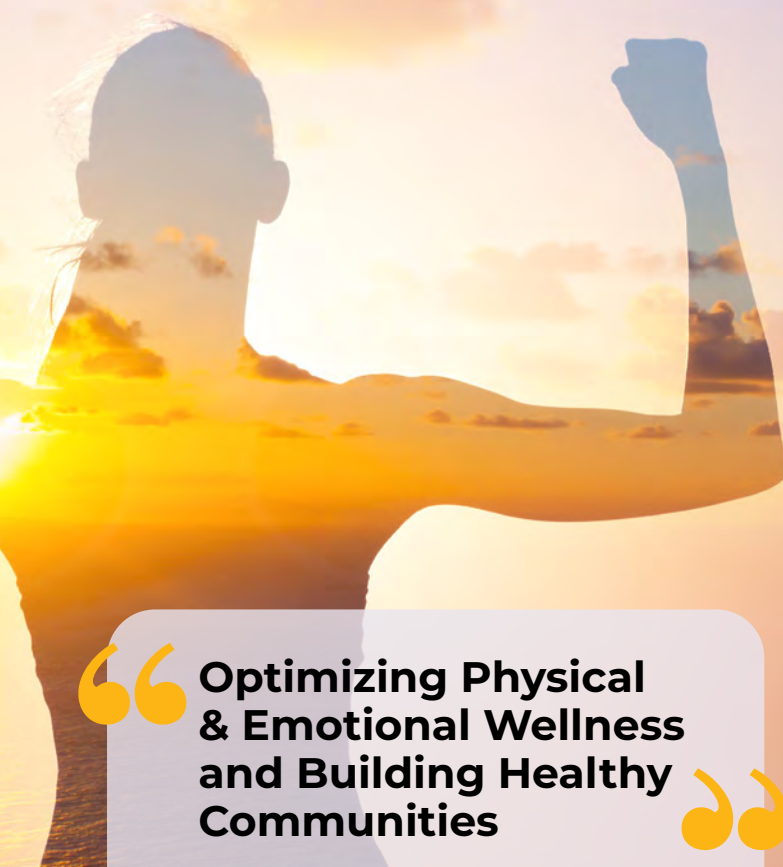
Turn into the Hunts Mills Park entrance and down to the finish line!

Elevation Profile: 4 Miler

Start 204 ft Max 231 ft Gain 170 ft



A LIFETIME COMMITMENT TO ACTIVE LIVING



Optimizing Physical & Emotional Wellness and Building Healthy Communities

- Make healthy lifestyle choices for disease prevention & early detection
- 42% of all cancers are attributable to potentially modifiable risk factors

Visit Our Website

To access the full range of free educational programs, visit <https://www.hunterdonhealth.org/services/hunterdon-mercer-chronic-disease-coalition>.



"Reducing the burden of cancer in NJ."

Healthy Lifestyle Practices Can Decrease Risk Factors

Physical Health

Being physically active can lower your risk for developing several common cancers.

Main Street Half Marathon of Hunterdon

Exercise with a Purpose – Consider participating in the Expo and Race on October 21 & 22, 2023 to walk or run. There is something for everyone, including kids – healthy behaviors start young. #RaceLocal#SupportLocal

Location: Red Mill Museum Clinton

Details & register: <https://www.mainstreetmarathon.com>

To Benefit Hunterdon Regional Cancer Center

Committed to providing high-quality care to every patient who enters our doors for consultation, education, treatment or follow-up care.

Visit: <https://www.hunterdonhealth.org/hunterdon-regional-cancer-center>

Emotional Wellness

Learning to cope with stress in a healthy way will help you become more resilient.

Journaling for the Soul

Journaling and expressive writing has been found to: boost mood; enhance a sense of well-being; reduce symptoms of depression; and improve memory. This program provides the foundation of what journaling is and how to get started.

Speaker: Shelby Nelson, Assistant Director & Program Supervisor, Hunterdon Health & Wellness Centers

Register to view this free virtual program at: <https://www.workcast.com/register?cpak=6245368992669533>

Hunterdon Health & Wellness Centers

Promoting lifelong wellness with resources to help you stay healthy at every age. Bring this flyer to one of the Centers before 12/31/2023 and receive a complimentary wellness pass for you and a guest.

Visit: <https://www.hunterdonhealth.org/hunterdon-health-and-wellness-centers>

Good Health Starts with Good Nutrition

Building healthy eating habits can reduce your risk of developing cancer.

Eating Right – Lets Talk Nutrition & Easy Recipes

Provides easy-to-follow steps in creating balanced meals exploring what a healthy plate looks like, what the food groups are, nutrients to pay attention to and a cooking demonstration.

Speaker: Shauna Alvarez – Executive Chef & Program Lead at America's Grow-a-Row

Register to view this free virtual program at: <https://www.workcast.com/register?cpak=2195262451084143>

Americas Grow-a-Row

An organization that grows, gleans and delivers fresh produce at no cost to those who need it the most.




Visit: <https://www.americasgrowa-row.org>

FACTS ABOUT WOMEN'S HEALTH

Disease Prevention & Early Detection

WOMEN EXPERIENCE UNIQUE HEALTH CARE CHALLENGES from pregnancy and menopause to gynecological conditions. Chronic diseases and conditions—such as HEART DISEASE, CANCER and DIABETES—are the leading causes of death in women.

TAKE CHARGE OF YOUR HEALTH:

-  MAKE healthy lifestyle choices
-  PLAN routine wellness visits
-  SCHEDULE screenings for early cancer detection



1 IN 3 WOMEN WILL DEVELOP CANCER DURING THEIR LIFETIME

Leading 5 New Cancer Cases & Deaths

1. Breast **31%**
2. Lung & bronchus **13%**
3. Colon & rectum **8%**
4. Uterine corpus **7%**
5. Melanoma of the skin **5%**

Source: US data from ACS 2022 Surveillance & Health Equity Science

WHAT CAN YOU DO: SCORE WITH 4!

#1 GET VACCINATED FOR HPV



Human Papillomavirus (HPV) is a common virus that affects both women & men. Completion of the full HPV vaccination series protects against the virus and 90% of cancers it can cause.

When is BEST:

- > Age 9-12 years: 2 doses 6-12 months apart
- > Age 13-14 years: 2 doses 6-12 months apart
- > Age 15-26 years: 3 doses catch-up vaccination; talk with your healthcare provider

- > Age 27-45 years: Some adults who are not already vaccinated may get the HPV vaccine after consulting with your Healthcare Provider (HCP) about your risk for new HPV infection.

#2 KNOW YOUR FAMILY HISTORY



Multiple risk factors can contribute to cancer development. Some risk factors can be controlled; others cannot. Understanding how hereditary factors contribute to cancer risk and how that risk can be reduced and/or managed is CRITICAL in early detection.

Risk Factors that CAN be controlled or avoided:

- > Lifestyle and behavior factors, such as:
 - smoking
 - alcohol consumption
 - physical activity
 - sun exposure
- > Environmental factors
- > Obesity
- > Immunizations/vaccines to prevent certain cancers

Risk Factors that CANNOT be controlled or avoided:





- > Family history/genetics
- > Age, gender
- > Race, ethnicity
- > Previous cancer diagnosis
- > Weakened immune system





ARE YOU @ RISK? A genetic risk assessment evaluation can benefit patients and their families. Discuss your family and personal health/cancer history from BOTH sides of the family with your healthcare provider.

#3 MAKE HEALTHY LIFESTYLE CHOICES



An estimated 42% of cancer cases are attributed to potentially modifiable risk factors.

-  Stay away from tobacco.
-  Get to and stay at a healthy weight.
-  Get moving with regular physical activity.
-  It's best not to drink alcohol. If you do drink, women should have no more than 1 drink per day.

-  Eat healthy with plenty of fruits and vegetables.
-  Protect your skin from harmful UV rays.
-  Know yourself, your family history, and your risks.
-  Establish a health care "home" where you can get all of your regular check-ups and cancer screening tests.



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



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

FARMERS OF FLEMINGTON

A Mutual Company – We Put Our Policyholders First

Founded in 1856, Farmers of Flemington is one of the most trusted, reliable, and respected insurance companies in New Jersey. We offer quality coverage for your home, condo, apartment, or business at a fair price, backed by an A-, Excellent Financial Strength Rating from AM Best and a 99% satisfaction rating from our Policyholders!

So, what makes Farmers of Flemington different? We are a mutual company, so we have no stockholders, and we are not in business to make profits for outside investors. That means we are free to focus on what's important – serving the interests of our Policyholders, our employees, and our community. That's why we're in business!

When you buy a policy from us, you will be joining tens of thousands of individuals who have come together as one to create a benefit for all. So, join us and become the newest member of our mutual. We look forward to welcoming you!

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

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

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

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

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 neighborhoods, 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

FACTS ABOUT MEN'S HEALTH

Disease Prevention & Early Detection

MEN ARE AT RISK for many chronic diseases such as HEART DISEASE and CANCER. Cancers that most often affect men are:

- 1 PROSTATE
- 2 LUNG
- 3 COLORECTAL





WHAT CAN YOU DO:
SCORE WITH 4!



**1 IN 2 MEN
WILL DEVELOP
CANCER DURING
THEIR LIFETIME**

Source: US data from ACS 2022 Surveillance & Health Equity Science

TAKE CHARGE OF YOUR HEALTH:

-  MAKE healthy lifestyle choices
-  KNOW your preventable risk
-  SCHEDULE routine tests & screenings for early disease detection
-  SHARE family health history with your HCP

#1 GET VACCINATED FOR HPV



Human Papillomavirus (HPV) is a common virus that affects both women & men. Completion of the full HPV vaccination series protects against the virus and 90% of cancers it can cause.

When is BEST:

- > Age 9-12 years: 2 doses 6-12 months apart
- > Age 13-14 years: 2 doses 6-12 months apart
- > Age 15-26 years: 3 doses catch-up vaccination; talk with your healthcare provider.

- > Age 27-45 years: Some adults who are not already vaccinated may get the HPV vaccine after consulting with your Healthcare Provider (HCP) about your risk for new HPV infection.

#2 KNOW YOUR FAMILY HISTORY



Multiple risk factors can contribute to cancer development. Some risk factors can be controlled; others cannot. Understanding how hereditary factors contribute to cancer risk and how that risk can be reduced and/or managed is CRITICAL in early detection.

Risk Factors that CAN be controlled or avoided:

- > Lifestyle and behavior factors, such as:
 - smoking
 - alcohol consumption
 - physical activity
 - sun exposure
- > Environmental factors
- > Obesity
- > Immunizations/vaccines to prevent certain cancers

Risk Factors that CANNOT be controlled or avoided:

- > Family history/genetics
- > Age, gender
- > Race, ethnicity
- > Previous cancer diagnosis
- > Weakened immune system

ARE YOU @ RISK? A genetic risk assessment evaluation can benefit patients and their families. Discuss your family and personal health/cancer history from BOTH sides of the family with your healthcare provider.



STRONGER

RUN

STRONGER

DO YOU WANT TO GET
STRONGER AND
REDUCE YOUR RISK OF
INJURY WHILE
GETTING FASTER?

RUNNERS WHO TRAIN WITH
PRO-ACTIVITY:

- IMPROVE LOWER BODY STRENGTH BY 52%
- IMPROVE UPPER BODY STRENGTH BY 24%
- IMPROVE RACE TIMES

Book a free session on us!

Click here or visit us at: www.pro-activity.com/nj

Or call us at (833)776-2281 ext. 0

POWERED BY PRO-ACTIVITY