

RACE LOCAL!



PARTICIPANT GUIDE

and event information

OCTOBER 8, 2017

Explore Flemington, where art comes to life with the Seward Johnson Sculpture Tour.

It's Free, Self-Guided, and Photo-Friendly!

These five life-size statues, were created by Seward Johnson, a nationally acclaimed American artist and New Jersey native. Mr. Johnson, 85, is known for his fun and engaging painted bronze statues, and you're invited to interact with them. Pose for selfies and group photos, and share your photos on your social media and ours, (see below) or simply enjoy the creativity of this very talented artist.

As you walk the tour, you'll also discover dozens of shops and restaurants to please every palate, and delight every kind of shopper.

Come to the Seward Johnson exhibition in Flemington. It's where art comes to life.

To share your photos with us, use the hashtag #ExploreFlemington and tag us!

 Flemington Community Partnership

 @ExploreFlemington

 @Flemington_NJ



1 "Holding Out"
Created 1987
Located at
Kries Jewelers
24 Main Street



3 "Attic Trophy"
Created 1992
Located at the Flemington
Free Public Library
120 Main Street



4 "Frequent Flyers"
Created 1995
Located at
Unity Bank
157 Main Street



2 "Yuck, Go Fetch"
Created 1990
Located at
Barkley's Gourmet
Marketplace
(pet store)
79 Main Street



5 "Weekend Painter"
Created 1994
Located at
50 Stangl Road

explore
Flemington
Shop. Dine. Tour. Enjoy!

exploreflemington.com

Sponsored by

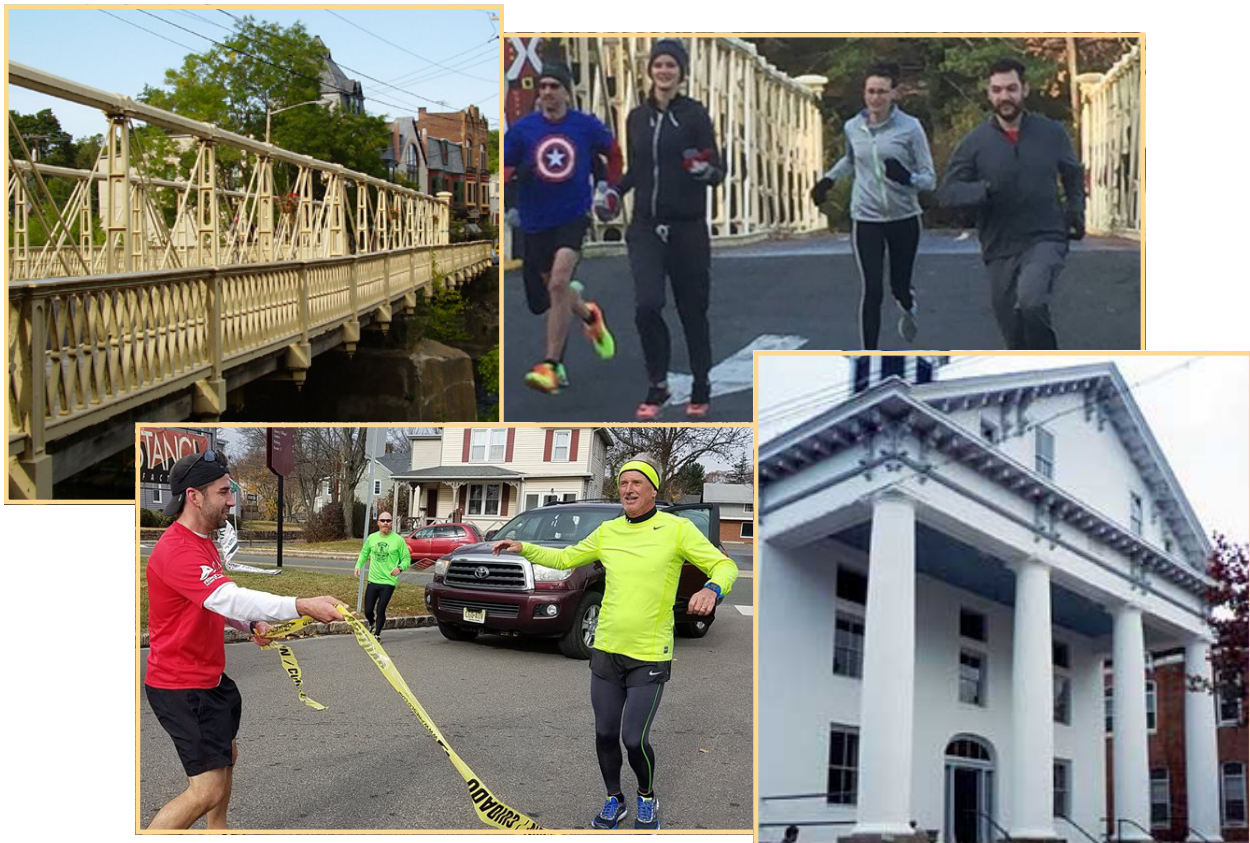


with support from **UNITY BANK**



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From Humble Beginnings...

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!



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WELCOME TO YOUR RACE!

Bringing It Back Home!

There was a time when road races were intimate. Small groups of committed athletes worked hard and pushed themselves toward the achievement of something significant. Although there have always been plenty of characters, it was never about the costume. And while the pay-off of a new personal best was significant and long lasting, it was never about the prizes. Likewise, there was a time when Main Street was literally the main street; when local shopkeepers knew you and genuinely meant it when they thanked you for your business. There were plenty of treasures to be found if you looked, but a personal referral meant something. Yes, there was a time when running a race was about the real people involved and the towns that hosted and cheered them on.

Our vision for this race is simple: We thought it was about time to bring those groups back together....celebrate the many things we are blessed with in Hunterdon County, while doing what we can to contribute in the fight against one of our area's biggest challenges - addiction. We're so grateful that you, committed athletes and caring community members, have joined the movement and share in our vision!

We've got some special things planned for you all....an outdoor expo and pre-race fun in downtown Clinton, a beautiful course with planned entertainment....a "Rise to Glory" with just enough challenge to relish in the achievement of having completed it...a race experience the way it should be - one that focuses on the participant, is full of local charm, and ends with a "welcome home" finish line party on Main Street, Flemington...an event for YOU... dreamt up by age-groupers and community members just like you!

We hope you find as much enjoyment in this next leg of your journey, as we did in carving the path!

Eric Eisenhart
Race Co-Director
Main Street Marathon Series



SCHEDULE OF EVENTS

SATURDAY, OCTOBER 7TH

PACKET PICKUP: RE/MAX Realtors, 18 Main St., Clinton **1:00 PM – 5:00 PM**

ROCK N' RUN FEST: Main Street and Vicinity, Clinton **12:00 PM – 4:00 PM**

SUNDAY, OCTOBER 8TH

SHUTTLES TO START: County 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**

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

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

FIRST RUNNER CORRAL START: Main St., Clinton **8:00 AM**

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

POST RACE PARTY: Filling Station, Main St., Flemington **10:00 AM – 2:00 PM**

AWARDS CEREMONY: Filling Station, Main St., Flemington. **12:00 PM**





RACE INFORMATION

DETAILS, DETAILS!

EXPO & PACKET PICK-UP On Saturday, 10/7 packets will be available at RE/MAX Realtors, 18 Main Street, Clinton, NJ from 1:00 PM til 5:00 PM. After picking up your bib and some swag (bring identification with you) stroll through town to enjoy an “outdoor expo” or sorts, coordinated by the **Clinton Guild**, with local merchants, shops, restaurants and more! Be sure to check your swag bag for coupons and goodies from the local scene.

PARKING & TRANSPORTATION Parking for participants will be available in the county parking lot off of Park Ave. in Flemington, NJ on race morning, 10/8/17. The parking lot entrance is located across from the county facilities, next to the Old Egg Auction.

Participants who have pre-registered for a complimentary shuttle from Flemington to the Starting Line in Clinton will catch the shuttles from this parking lot. They will begin loading at 6:30 AM. The last shuttle will leave NO LATER than 7:00 AM (don't be late!). Sorry, due to space constraints, these shuttles are for participants only and you must show your bib to board.

Shuttles are generously provided by our friends at **Hunterdon County ESC** (with a portion of event proceeds benefiting their “Hooked on Fishing, Not on Drugs” program).



STARTING LINE Main Street Clinton, near the intersection of Leigh Street. Those taken by the shuttle will be dropped right at the start, but for those getting their own ride, listen for the music provided by **Doctor D Entertainment** and look for the hundreds of other awesome participants anxiously waiting the gun! Please note, Halstead / Leigh Street will be open to traffic. Please be mindful of safety, and pay close attention to corralling and starting instructions.

The initial wave of runners will start at 8:00 AM with each subsequent wave approximately 2-5 minutes thereafter to ensure a safe transition over the Main Street bridge and onto the Landsdown Trail. This is a chip-timed event, so timing starts when you cross the start line.

COURSE & TIME LIMIT The course will remain open for 4 hours, and will have plenty of support and numerous aid stations throughout. Each aid station, thanks to generous donations from **Costco**, will be stocked with water and Gatorade, and nutrition (GU) will be available at the Mile 8 Aid Station, given out by our sponsor, Basil Bandwagon. Check out the maps in this book, as well as a course preview video on the website.

SWAG Who doesn't love a “goodie bag”? Participants will love their custom MSHM shirt as well as the custom medal of achievement they'll receive as they cross the finish line.

“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 and River Rd., and then again near the “Rise to Glory” at mile 9.5 and the intersection of Sand Hill Rd. & Thatchers Hill, before heading towards the finish.



RACE INFORMATION (cont. from page 5)

VOLUNTEERS Along the course, pay close attention to the local scouting groups, students from high school national honor societies and athletes from the local cross-country and track & field programs...and be sure to give them a high-five and smile....there are few things as inspiring to our young people as watching adults give their all!

FINISH & AWARDS Thanks to coordinated efforts with finish line sponsor, the **Flemington Community Partnership**, and our friends at **Al Fresco's** and **Basil Bandwagon**, we'll be partying post-race at the **Filling Station** located just up the street from the Finish Line on Main Street, Flemington with hundreds of your newest and closest friends. Our awards and recognition ceremony will begin here at 12:00 PM! As you enter the finish chute, you'll be directed to a secure sidewalk area that will take right to the party! Catch up with family and friends...grab a beverage and snack or two and enjoy the afternoon with live music from local musicians coordinated by **The House That Rocks**. Additional food & beverage will be for sale, and don't forget to check out your swag bag for more coupons and promotions from local business owners.

IT'S A FACT!

WE'RE ALL ABOUT HEALTHY LIVING!

For the eighth consecutive year, Hunterdon County, NJ has again been named the state's healthiest by a combined study of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



Meetings at the Manville Public Library
2nd & 4th Tues., 7:00 pm

somersetcountyphtoclub.org

Kerri Murry, FNP

Family Nurse Practitioner

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Good Luck, Runners!



Clinton

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Flemington

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Hunterdon County's Premier Health 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 & Wellness Studios, an outdoor pool and indoor pool, track, and basketball courts.

DIAMOND NATION

129 River Rd • Flemington, NJ
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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.

Thanks to your support, we are helping our community further wrap its arms around an ever-growing struggle – one that includes statistics in the state of New Jersey like:

- Drug overdose is the leading cause of preventable death in adults age 25 to 64 (i.e. higher than motor vehicle accidents!)
- In the US we are losing about 60 people per day to this
- An 8.3 per 100,000 Heroin death-rate in NJ. That's more than 3 times the national average
- 781 heroin-related deaths in New Jersey in 2014, the fourth straight year the state saw an increase
- 54 percent of heroin-related deaths in New Jersey now attributed to people under 40

It's not an easy fight, but IT doesn't have to "win"...we're pleased to have teamed up with the **Municipal Alliance of Hunterdon County** to provide a prevention program in local high schools and **Teen Challenge of NJ** to support the recovery efforts of some of our community members here in Hunterdon. We appreciate your help in supporting the health of our community.





COURSE LOGISTICS & SAFETY

LACE 'EM UP TIGHT!

YOU ARE ABOUT TO EMBARK ON THE AWESOME!

The **Main Street Half Marathon of Hunterdon** course was designed to provide participants access to beautiful countryside, hometown charm...and the opportunity to achieve something AWE-some!

Over the river, through some woods and past at least one grandmother's house (we're almost sure of it) you'll go...after all, what else would you expect from a Main Street to Main Street affair?

The point to point course starts on Main Street in historic Clinton, NJ just down the street from the bridge that overlooks one of the most iconic spots in New Jersey, Clinton's "Red Mill". It then travels along an old rail trail into beautiful Franklin Twp., and along River Rd., smack between the babbling sounds of the South Branch of the Raritan River and beautiful Hunterdon County Countryside. It then continues on into Raritan Twp. along Old Clinton Rd. before making its way towards historic Main Street in Flemington, NJ.

The course is a classic for the Western New Jersey area with some small rollers in the beginning, a solid climb, and then a fast downhill finish! And similar to a somewhat well known race (Boston Marathon) in a town made famous by American Patriots, the Main Street Half of Hunterdon has a legendary climb with roughly 3 miles to go. However, in Hunterdon there will be no heartbreak...but instead, a "Rise to Glory"...a challenge without doubt, but one that culminates at the "Ewing Farm" famous for its "Old Glory" flag first painted on the ruins of an old barn nearly 250 years ago.

You see, Hunterdon, in addition to being known for its beautiful landscapes, charming downtown areas, and friendly community, is known for the strength of its people. People willing to challenge themselves for something good! People like you!...People who know that just like our nation, our bodies...when strong (in sync, and healthy) are free to pursue things that are important and those that create happiness! Here's to being healthy, strong, happy and free...here's to

celebrating it with a 13.1 mile journey and an upcoming "Rise to Glory"...and most especially, here's to you!

See Page 15 for a detailed run through the entire course

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

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		

STARTING AREA MAP : DOWNTOWN CLINTON



UNION
TWP

CLINTON

MAIN STREET

HALF MARATHON
OF HUNTERDON

MAP 1

CLINTON
TOWNSHIP

FRANKLIN



KEY: MSHM OCT. 8, 2017

Course (Use Caution, Roads Open to Traffic)

- Street
- Crushed Stone Path
- Paved Path
- Gravel Road
- Mile Marker
- EMT
- Start
Main St, Clinton
- Finish
Main St, Flemington
- Water Stop
- Port-a-John
- Medical Professional

continued on MAP 2

MAIN STREET
HALF MARATHON
OF HUNTERDON
MAP 2












**CLINTON
TOWNSHIP**

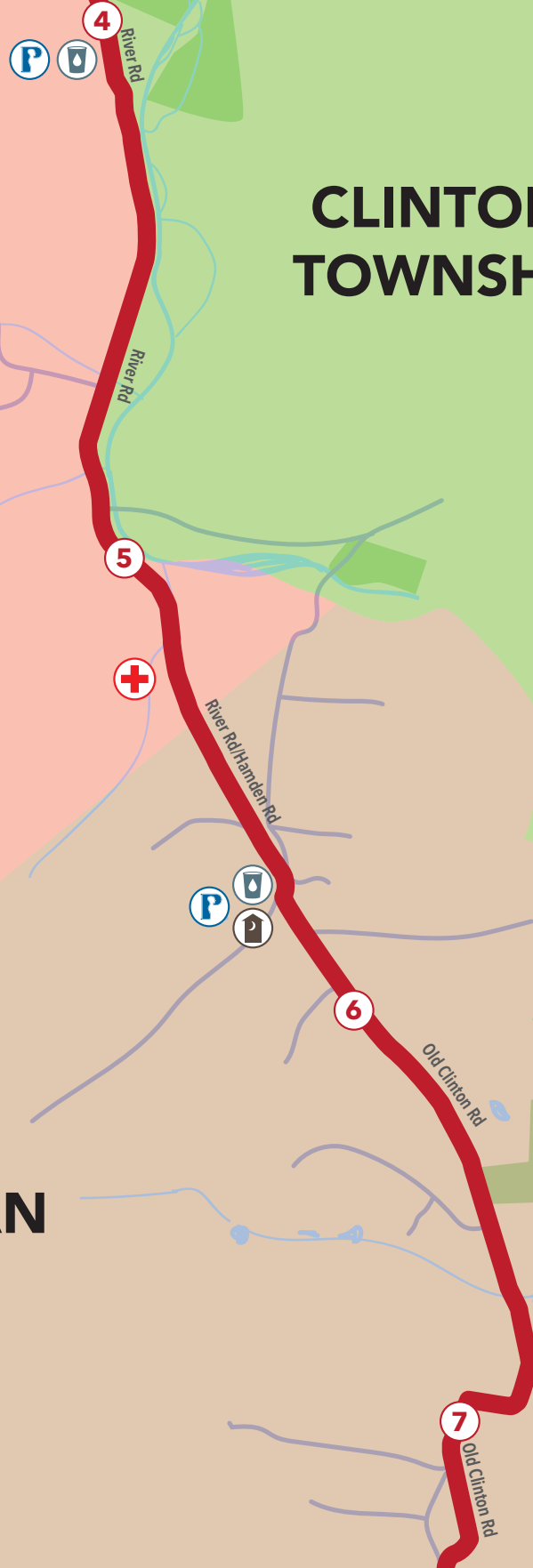
FRANKLIN

RARITAN

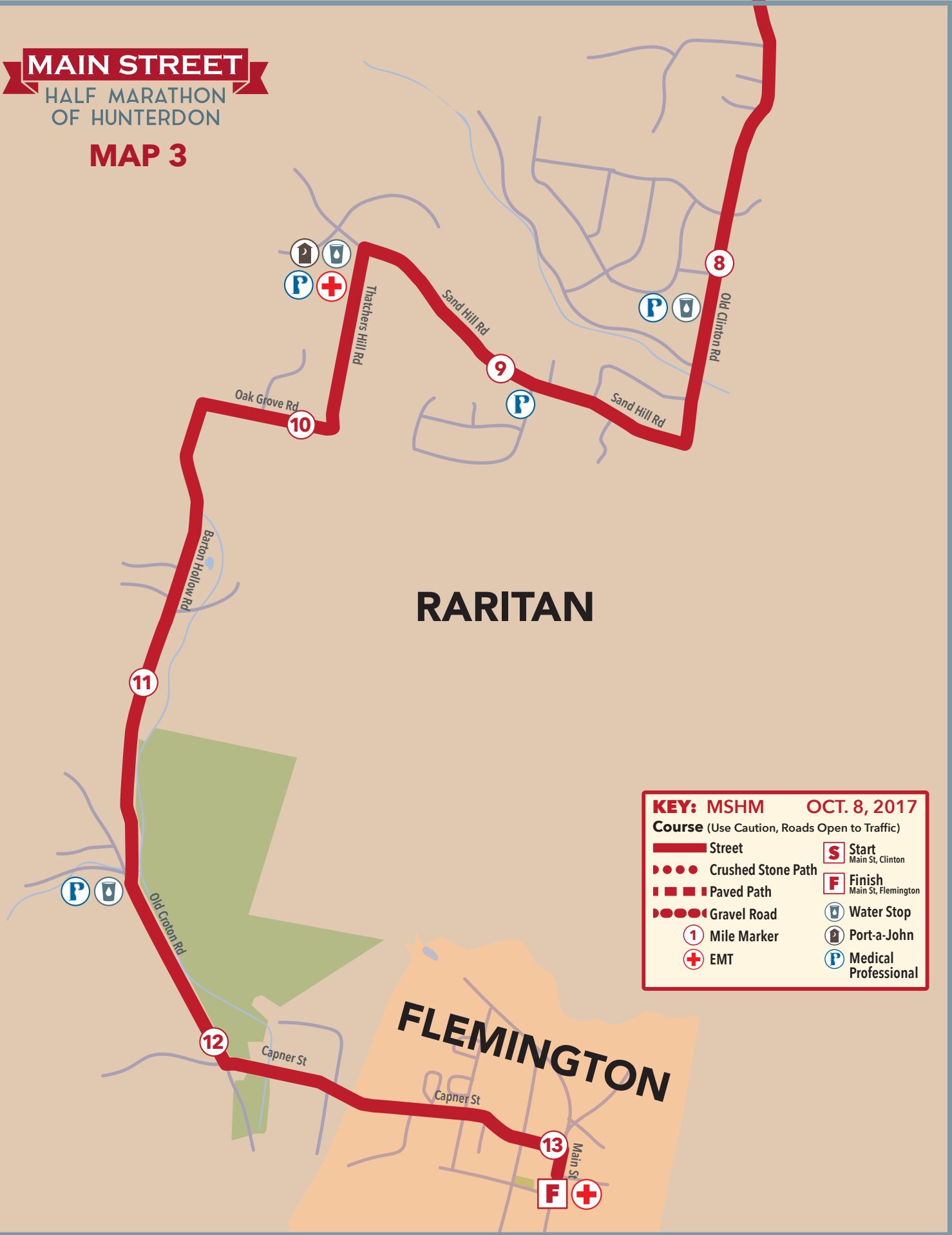
KEY: MSHM OCT. 8, 2017

Course (Use Caution, Roads Open to Traffic)

 Street	 S Start Main St, Clinton
 Crushed Stone Path	 F Finish Main St, Flemington
 Paved Path	 Water Stop
 Gravel Road	 Port-a-John
 Mile Marker	 Medical Professional
 EMT	



MAIN STREET
 HALF MARATHON
 OF HUNTERDON
MAP 3



FINISH AREA MAP : DOWNTOWN FLEMINGTON





COURSE DESCRIPTION

TURN-BY-TURN YOU GO!

START Head west on Main Street, Clinton towards and over the bridge.

- Take in the beautiful view of the Red Mill, waterfall, and river. As you come up to the bridge, remember that the road narrows and the bridge surface is metal grating—watch your step!

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 past the Mile 2 split, at the far end of the trail by Lower Landsdown Road.

At the trail's end, turn left (and stay left) 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.

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 pot holes!
- 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.

MILE 4 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.
- 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 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.

Bear right onto Old Clinton Road. The third water stop is just ahead.

- 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—make sure you cross the timing mat there so we can record your split time!

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.

CLINTON ROCK 'N RUN

Saturday, Oct 7, Noon - 4 PM

Townwide Tricky Tray

Sidewalk Fair

Music



Celebrating

HALF MARATHON

MAIN STREET

OF HUNTERDON

*Half Marathon Start
Main Street, Clinton
Sun, Oct 8, 8 A.M.*





COURSE DESCRIPTION (cont. from page 15)

MILE 8 The fourth water stop is just past the Mile 8 split, at the entrance to Desmares School. GU energy gels are available here.

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.

- *Congratulations, you've made it to the top! It's all downhill from here (in a good way!).*



The fifth water stop will be located around the corner on Thatchers Hill just past "Old Glory".

- *Traffic on Thatchers Hill will also be moving quickly, so again stay left for the next half mile!*

Next, turn right onto Oak Grove Road; a police officer will be stationed there to ensure you can safely cross over from the left side of Thatchers Hill.

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, and continue down Barton Hollow Road.

- *There will be another porta-potty just around the corner.*

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.*

Our sixth water stop is at the bottom of Barton Hollow Road

Just past the water stop, 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.

- *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 Main Street, Flemington.

MILE 13 Continue down Main Street—a short, straight shot past the Courthouse to 13.1 and the finish!



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 incredibly grateful for the amazing support we've received in bringing 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 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 Boy Scout Troop 149, members of the Voorhees, North Hunterdon, and Hunterdon Central X-Country Teams, the Hill Runners of Hunterdon, Clinton United Methodist Church, BaseCamp Athletic Club, and the team of physical therapists from Pro-Activity...You. Are. Awesome!

For on-course photography, we'd like to thank the Somerset County Photography Club, as well as Julie Nemetz, for volunteering their time and skill so that we can provide participants with free photos of the event.

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 Committee

Eric Eisenhart
Nick Ricco
Frank Batiste
Jessica Eisenhart
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 inaugural running of the Main Street Half Marathon of Hunterdon County. We hope you enjoyed your run, which led you right to our historic Main Street in Flemington. We're so happy to have you here, and look forward to your return, which we hope will be very soon. Our 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. There truly is something for everyone in Flemington. Check out our new Seward Johnson Sculptures Exhibition,

take a ride on the scenic Black River & Western Railroad, or find a harmonious balance between form and function at Kissammee River Pottery, where working with clay becomes even more fun than it sounds.

October is Pumpkin Month, so hurry back for the Fall Harvest, the pumpkin decorating, and the delicious apple cider. November brings The David Bromberg Quintet at Stangl Stage, and another special treat for runners, the Annual Turkey Trot 5K, beginning at 9:30 on Thanksgiving morning.

And while anytime is the perfect time to explore all the great things about our town, the holidays become even more magical throughout our borough. In fact, it's such a wonderful time here, we heard that Santa might consider moving his base of operations from the North Pole, to Main Street, Flemington.

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.

explore
Flemington
Shop. Dine. Tour. Enjoy!
www.exploreflemington.com

THE GUILD OF CLINTON



Clinton is distinguished by its unique location at a great source of water power with its major limestone cliffs inviting quarry operations. It

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 Museums is considered a cultural center and visitor attraction with its charming walkable downtown, unique blend of friendly small businesses, locally owned shops, restaurants, and services surrounding 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

Have a Great Race!

*Addicted
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43 Main Street, Clinton



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Chic*
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The Shoppes at Flemington





wishes all
participants
a great race!



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.

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ABOUT OUR SPONSORS

HEALTHQUEST / DIAMOND NATION



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.

Diamond Nation is dedicated to providing top level instruction and facilities for players looking to take their game to the next level. We have created an environment that allows you the opportunity to learn and train properly to advance your skills and playing abilities. Train not only at the Largest Amateur Sports Dome in America, but also the Largest Turf Baseball and Softball Complex in America. Visit Diamond Nation's website, diamondnation.com, to learn more about their offerings.

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.

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

BILL HEALY DESIGNS

The pre-race festival will be taking place in downtown Clinton! While you are there why not stop in and visit Bill Healy Designs! Take a look at the beautiful crystal pieces he has created, they are show stoppers for sure!
www.billhealydesigns.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!

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



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

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

I HAVE FOUGHT THE GOOD FIGHT,

I HAVE FINISHED THE RACE

AND I HAVE KEPT THE FAITH [†]

2 TIM 4:7

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908.840.4922

www.crossfitpowerhour.com
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f i t



ABOUT OUR SPONSORS

ALL YOUR FAMILY NEEDS PRIMARY CARE

What makes Hunterdon so special? Well, probably too much to list...but some things really stand out.... like water stop sponsor All Your Family Needs Primary Care! With a unique medical office setting, literally on the course (River Rd.) in a renovated barn, Nurse Practitioner Kerri Murry's practice naturally focuses on holistic medical care, and the idyllic setting grants serenity and charm. allyourfamilyneedsprimarycare.com

SHOPRITE

This mile marker 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 1 roof? Say it isn't so! At this mile marker'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

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

NEXT STEP ADVISING

Life is about the Journey. Helping you learn to live with purpose and passion while navigating the choices you face is what we do best. We offer college and career advisement, counseling services, and numerous other programs that will help you take the NEXT STEP.

Specializing in the College Admissions process from start to end.

We also work with students suffering from anxiety, depression, and related issues. Please call or email and see how we can help you! nextstepadvising.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

BIHLERFLEX

There's good, there's better, and then there's BihlerFLEX™. A company committed to developing, manufacturing and marketing products of the highest quality that perform to the most demanding standards while delivering outstanding value.

A great example of these standards is FlexaPure™, our exclusive rubber and latex-free material. Super strong and flexible, FlexaPure safely stretches up to twice its original length and has excellent memory retention. BihlerFLEX makes FlexaPure, and FlexaPure makes the difference in our pet and bungee products. That's why they're not only the best; we think they're perfect. bihlerflex.com

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WWW.BIHLERFLEX.COM

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the Runners, and a big
THANK YOU to all those
cheering us on!



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from start to finish

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GOOD
LUCK
TO ALL
RUNNERS!





ABOUT OUR SPONSORS

CUT HAIR SALON

Our professional Hair Designers are dedicated to education. They travel all over the country and seek out the industry's best education and training by true world renowned professional hair artists. Elite Designers have a high standard of education to attend once a month (12 times a year) and our Hair Designers have a dedicated standard of every other month (6 times a year). Our Designers and team find this is the best way in creating a hard working culture that hones skills/craft, understands current trends techniques, and stays passionate about our industry! cutnj.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. oneroomstudiocreative.com

AL FRESCO'S

Our favorite family recipes made with the freshest ingredients. Everything is cooked to order. Ask about our GLUTEN FREE menu! alfrescosnj.com

THE HOUSE THAT ROCKS

A music education program designed to inspire students to experience the many ways that music can enrich our lives. We have the expertise to teach you what you need to know when performing with other musicians, improving upon your skills, and having real live opportunities to perform in public.

the-house-that-rocks.com

CROSSFIT POWER HOUR

We look forward to coaching as much as our members look forward to working out. We have fun. We work hard. We smile and laugh. And we certainly get results. We are located in Lebanon, New Jersey and are proud to help the surrounding community with their health and fitness goals! Come in today and see why people are talking about CrossFit Powerhour!

crossfitpowerhour.com

ADDICTED JEANS / ADDICTED CHIC

Our goal is to celebrate women, to make them feel more beautiful through great personal styling, therein boosting their confidence and empowering them to reach their life goals. We believe that dressing smart goes right to a woman's mind, whether formal, business or casual attire. addictedchic.com

THANK YOU, SPONSORS, FOR ALL OF YOUR SUPPORT!



Know anyone looking to buy or sell a home?

Reach out to:

Nick Ricco
908-200-3682
nickricco@hotmail.com

kw
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One per purchase.
www.basilbandwagon.com

OFFER EXPIRES October 31, 2017



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\$50 off Comprehensive College Advising Package

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OFFER EXPIRES January 15, 2018



2 Walter E. Foran Blvd. Flemington NJ 08822
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Special Offer: New Members Receive Costco Cash Card

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

OFFER EXPIRES December 31, 2017



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Buy One Homemade Chocolate Get One Free

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OFFER EXPIRES December 31, 2017





Fitness Sports Family Wellness Community

310 Hwy 31 North, Flemington, NJ
healthquest-fitness.com

One Day Pass

MUST SEE MEMBER SERVICES ON FIRST VISIT TO ACTIVATE. Member Services Hours: Mo-Th 9AM-8PM / Fr-Su 9AM-4PM. Must be 21+ years & present ID. Pass is non-transferrable. Arrive 30 min. prior to any class on your first visit. Offer meant for prospective members only. Some restrictions may apply.

OFFER EXPIRES December 16, 2017



High Bridge, NJ
732-259-5917
oneroomstudiocreative.com

20% OFF Full Color Printed Business Cards

With purchase of design and layout services. Shipping and Tax not included. Minimum Quantity: 250 cards

OFFER EXPIRES December 31, 2017





GROUP RUNS

Saturdays at 8:00 AM
All Paces • Various Distances

EVERYONE WELCOME!

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RESULTS MATTER



Ray Sellaro: 5k PR 15:46.37 & Course Record Randolph XC Invtl.

PHOTO: nj.com



Aimee Manley: from post surgery rehab and PT to Collegiate athletics

PHOTO: moraviansports.com



Lauryn Eisenhart: 15 YO member of 18 YO All-American Rugby Team



Pro-Activity Affiliate Team: Delaware Val Wrestling 2017 NJ Group II State Champs



John Middleton: Cardiac Rehab to Triathlete



Kyle Lightner: 2017 NJ State Champion

PHOTO: nj.com



Pro-Activity Affiliate Team: 2017 North Hunterdon Varsity Volleyball



Mark Cawley: Couch to 5k to Marathon in 18 months

*Stronger, Happier People
through Better Health*

Fitness • Physical Therapy • Coaching



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