

# Race Day Instructions

**Thank you for your participation in the 19<sup>th</sup> Annual Rumson Fair Haven Run. We appreciate your support. Post-Registration and race packet pick-up will be at the Rumson Fair Haven Regional High School Cafeteria on:**

Saturday, May 7th	9:00 to Noon
Sunday, May 8th	8:00 to Race Time

Schedule of Events:

***AJ Bruder 5 Mile Memorial Run:*** The start time is 9:30 AM on Ridge Road in front of Rumson Fair Haven Regional High School. Refer to course map on reverse. Water stops will be at each mile mark with an emergency sweep vehicle following the runners. The 5 Mile Race awards will begin at 10:45 AM near the finish line.

***The Rumson Fair Haven 3K Community Walk/Run:*** The start time is 11:00 AM at Blackpoint Road by Deane Porter. Finishers will be timed. Medals will be given to all finishers. Refer to course map on reverse.

***Kiddie Dashes:*** The start time is 11:15 AM on the Borden Stadium Track and Field. Medals are given to all finishers.

*Absolutely no strollers, rollerblades, skateboards, bicycles  
or pets will be allowed on the race course.*

The Rumson Fair Haven Run will take place rain or shine. Please make sure all 5 mile and 3K Fun Run/Walk bib numbers are pinned to the front of your shirt. You must have a bib number when you cross the finish line. Only cross the finish line for the race you have signed up for. No kiddie dash numbers should cross the finish line for the 5 mile or 3K Fun Run/Walk.

Thank you for all your support to make this a fun and memorable day!