

2 Person Teams:

Each runner does
1.5 Mile Loop = 5K

Registration Link:



100% of all profits
will be donated to:
FULFILL
(Monmouth /
Ocean County
Food Bank)



12 Days Before
Thanksgiving

When: **Saturday, November 12th, 2022** @9:00am
Bib and Shirt Pick-up opens @7:45am

Where: River Rock Restaurant and Marina Bar, Brick, NJ

How It Works:

1. Grab a partner and register at: raceforum.com/riverrock
2. Come up with an AWESOME team name and select a category (Couple, Family, Co-workers, etc.)
3. Runner #1 runs the 1.5 Mile scenic waterfront loop and hands off the baton to Runner #2 who runs the same loop and then heads for the finish line!
4. Both partners can gather for a riverfront team photo and food inside River Rock



Super comfy, soft T-shirts!

They will also be available in
women's cut and youth sizes

**T-shirts only guaranteed if
you register by
October 23rd**

Entry includes: T-shirt and
post-race food

\$30 per runner for relay

\$25 per STUDENT runner
for relay (up to 12th grade)

\$35 for Solo Rocker
(running the full 5K alone)



**+\$15 for hoodie
instead of T-shirt**

