



Stars and Stripes Warrior Run 2015

Runner's Information Package

June 13th, 2015

Proud
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**WOUNDED WARRIOR
PROJECT®**

Introduction:

Welcome! Thank you for signing up for the Stars and Stripes Warrior Run 2015. We are very excited that you chose to come run with us in our first annual 5K and 10K to support the Duce Booster Club and the Wounded Warrior Project. Many hours of sweat and tears have gone into this project as we strived to provide you, the runner, with an enjoyable and scenic race opportunity, as well as a family-friendly site location. Below, you will find more helpful information regarding tomorrow's race. We are excited to kick-off this charitable and friendly competition, and we look forward to seeing you bright and early tomorrow morning!

Day of:

We ask all runners to arrive no later than 8am Saturday morning to pick-up your race package and prepare to start the race. We will start the race at 8:30am. There will be limited parking at Pakim Pond Pavilion, but there will be a runner drop-off lane, and additional parking approximately 1 mile down the road. We will not have any ability to store any of your personal belongings, so please plan accordingly. Water stations will be located along the course, as well as water bottles at the finish. Also, we would like to remind you that this is a State Forest, so we ask that you help us keep our park clean and throw all trash away in appropriate trash bins. We also would love to see your families on race day, and there will be various opportunities to enter in raffles for some exciting gear and memorabilia, as well as small snack options for sale. You are welcome to bring your own food as necessary. Awards will be handed out to the top three finishers in each race. Site cleanup will start shortly after the completion of the raffles, at which point we will ask all runners to gather their items and allow us to return the site to its original condition.

What to Bring:

This race will proceed in rain or shine, so we recommend being prepared for all weather. Consider bringing shoes that aren't afraid of mud, sunscreen, and even bug spray. Again, any food or drinks you choose to bring into the park are welcome, we just ask that you clean up after yourself and help us keep the park clean and green! All park picnic tables will be utilized by staff, but feel free to lay out blankets in out of the way areas as you desire.

Schedule of Events:

0800 - Race Registration/Package Pick-up

0825 - Corral for Race Start*

0830 - 5K/10K Race start

0845 - 1K Race start

1000 - Awards

1030 - Raffle Prizes**

* All runners will corral at the same time. We will start the timing clock with the start of the 10K, and then stagger the start of the 5K by 10 minutes.

** Top finishers will receive free raffle tickets for use on any prizes or memorabilia of their choosing.

Directions:

From the NJ Turnpike, take exit 7 and follow Route 206 south to Route 38 east. Continue to the second traffic light and turn onto Magnolia Road (Route 644). Follow Magnolia Road until you come to the Four-Mile circle, then take Route 72 east. The entrance for the race will be at mile marker 3 on Route 72. Continue straight on Buzzard Hill road around the bend, and the first parking lot will be on the left. The runner drop-off lane is also at this parking lot. If the lot is full, additional parking is a mile farther down the road. When walking from the additional parking lot, we ask that you not disturb the cabins along the way, as there will be guests staying there for the duration of the race. There will be road guards to

help maintain safe passage on the road from the overflow parking to the Pakim Pond pavilion area. We recommend carpooling to the max extent possible for runners.



Weather:

As previously noted, the race will go rain or shine. The courses are packed dirt, but have a tendency to develop water puddles if it does rain either day of, or the day prior. Below you will find the current forecast for tomorrow, but as we all know, the weather can change in an instant. In the event of rain, there are two pavilions at Pakim Pond that will provide limited shelter.



Saturday 06/13 40% / 0.18 in

Partly cloudy in the morning followed by scattered thunderstorms in the afternoon. High near 90F. Winds NW at 5 to 10 mph. Chance of rain 40%.



Saturday Night 06/13

40% / 0.02 in

Scattered thunderstorms during the evening, then mainly cloudy overnight. Low 63F. Winds light and variable. Chance of rain 40%.

7:00 am	75 °F	77 °F	70 °F	86%		Partly Cloudy	3%	0 in	5 mph W	52%	29.85in
8:00 am	77 °F	81 °F	69 °F	77%		Partly Cloudy	20%	0 in	7 mph W	40%	29.86in
9:00 am	80 °F	84 °F	68 °F	68%		Partly Cloudy	20%	0 in	9 mph WNW	45%	29.87in
10:00 am	82 °F	86 °F	68 °F	63%		Mostly Cloudy	20%	0 in	9 mph WNW	64%	29.88in
11:00 am	84 °F	89 °F	68 °F	58%		Mostly Cloudy	20%	0 in	9 mph WNW	72%	29.89in
12:00 pm	86 °F	91 °F	68 °F	54%		Mostly Cloudy	24%	0 in	9 mph NW	64%	29.89in

Course Maps:

Below you will find the course maps for both the 5K and the 10K. The start and finish lines for both will be collocated near the Pakim Pond recreation area. We will be staggering the start between the two races, starting with the 10K, and followed shortly after by the 5K. There will be a 1K fun run taking place immediately after the start of the 5K. You are allowed to run or walk, but we will start the awards ceremony once we have enough results to award the top 3 finishers in each event.

