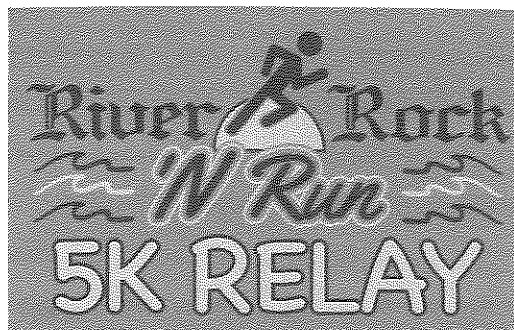
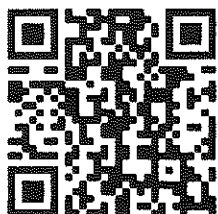


**2 Person Teams:**

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](http://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

\$25 per runner for relay

\$20 per **STUDENT** runner  
for relay (up to 12th grade)

\$30 for Solo Rocker  
(running the full 5K alone)



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