



FROST ON THE PUMPKIN

JAMES GENECKI MEMORIAL 10TH ANNUAL 10K ROAD RACE

Sunday, October 29, 2023 Rain or Shine

Grekoski Park, Whitehead Ave, South River, NJ

Register Online:



www.raceforum.com/frost

Events	Registration & Packet Pickup	Start Time	Fees	Awards
10K Road Race	7:30 - 9:15 am	9:30 am	\$30 received by Oct. 28th (no refunds) \$35 day of Event	Shirts for all participants. Sizes will be available in M, L and XL only. (while supply lasts)

Awards to top male and female 10K finisher.

Awards to top 3 male and top 3 female finishers in each age category (no duplicate awards)

- Course: Conditions vary, flat and hills
- Water Stops
- Post Race Refreshments for all participants
- Race starts and ends at Grekoski Park, Whitehead Avenue, South River
- Age: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Proceeds Will Benefit Special Needs Student Activities

Questions? Please call 732-257-1999 ext. 517 and ask for Michelle or e-mail at murbanowicz@southrivernj.org.

