



RUN

CANNON BALL

TO OUTFIT HPP

*Join us for a distinctive trail run through Tourne County Park!**

5K

Family Fun Run

» SUNDAY
October 26

\$40.00/pp by September 15 • \$50.00 by October 15

High School Students:

\$25.00 by September 15 • \$35.00 by October 15

Kids Pentathlon – ages 5 to 13:

Events include: shuttle run, burpees, running long jump, football long toss, jump rope

\$5.00 registration fee by September 15

\$10.00 by October 15

All Kids Pentathlon participants will win a medal!

8:00 AM Race Day Check-in

8:30 AM 5K race waves begin

Race will begin at Birchwood Lake
55 Pocono Road, Mountain Lakes, NJ 07046

Stick around and join us for a family fun festival; games, fun activities, and more.

*Online registration required. See reverse side for more information.



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» Sunday October 26

Cannon Ball Challenge[†] (5K Run + SandTrap) will be comprised of men's, women's, and high school divisions. Limited registration only!

Cannon Ball Challenge Men's and Women's:

\$50.00 by September 15 • \$75.00 by October 15

Cannon Ball Challenge High School Participants:

\$35.00 by September 15

\$50.00 by October 15

It's a two-part event like no other in North Jersey!
5K Run + SandTrap: Burpees, squats, and push-ups—7 minutes to rotate 3 exercises—AS MANY AS YOU CAN FORMAT. You must do 7 of each exercise prior to moving on to the next.

†Cannon Ball Challenge starts immediately after last 5K Family Fun Run wave. See reverse side for event location and times.

Registration for 5K Family Fun Run, Kids Pentathlon, and Cannon Ball Challenge is only available online at register.bestrace.com

Events are rain or shine. Sorry entries are non-refundable or transferable.

Any questions, email jane@softbones.org.

Pre-race packet pick up will be October 24 & 25 at Heroes Journey Cross Fit

Organized by **Soft Bones**
Finding the Key to HPP

Visit www.softbones.org for more information.