



SIGN UP

DONATIONS



Saturday in the Park Women's 5K

Sat August 27, 2022

LOCATION: LINCROFT, NJ US 07738 **DIRECTIONS**

TYPE: RUN OR RUN/WALK, VIRTUAL RACE / CHALLENGE, OTHER

Information for Registered Participants:

Saturday in the Park - the JSRC Women's 5K - this Weekend,
Saturday, August 27 - 9:00a.m. Thompson Park, L:incroft, NJ

Thank you for participating in the 29th Annual Saturday in the Park Women's 5K!

Race Day is Saturday, August 27 at Thompson Park

Event will be held "Rain or Shine"

**Park in designated areas - Event Check-in and Staging are to
Left of the Main Entrance road.**

Race Day Check-in begins at 7:45 am. Park opens 7 am.

Mother/Daughter and Sister/Sister Teams please go to Help Desk after checking in.

FREE pre-race stretching with Karen Kelly, meet at 8:30 at the near the race Start!

**Race Start is 9:00 am, on path near Newman Springs Road.
Please line up by 8:50. [Click here](#) for Course Map**

Good Luck to EVERYONE!

Saturday in the Park amenities include **women's style tech v-neck shirts, giveaways, post-race refreshments and drawings for prizes, including GRAND PRIZE BICYCLE.**

PLUS - For 2022, all 5K Finishers will receive and custom MEDAL!



Please note: The park is open to the public. We will run and walk on the paved Thompson Loop.
For safety reasons **strollers are strongly discouraged.**

Kids races will start approximately 9:45.

Awards Ceremony will follow kids Races

****** ANNUAL LOYALTY GROUP PHOTO ******

If you have participated at Saturday in the Park for 10 years or more, please stay for a group photo before the awards ceremony!

This is Jersey Shore Running Club's 29th Annual women's 5K run & walk, to benefit organizations with programs dedicated to providing shelter, counseling, advocacy and education for women and their families in Monmouth and Ocean Counties.

Past participants consistently remark about how unique and special this event is. Almost everyone is touched by the ceremony at the start of the race when the runners join hands and come to understand the need for all of us to join together to support these "safe harbors" for women and their children.

Volunteers needed As always, volunteers are needed and appreciated - please contact us if you know someone interested in helping on race day. penny@saturdayinthepark5k.org

Please support our event sponsors

See you Saturday!

**Thank you, Penny Hinck and Barbara Vargas, Race Directors
Jersey Shore Running Club**

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Lincroft, NJ
Sat August 27 2022

Contact Race