



Welcome to the Third Annual NorFEAST 4 Miler. Northeast Philly finally has a “turkey trot” of it’s own.

LOCATION: The start and finish are near the Flyers SkateZone at: [10990 Decatur Road, Philadelphia, PA US 19154](#)

PARKING: There is parking in the SkateZone lot for 250 cars. There will be plenty of space to park.

PACKET PICK-UP: Pick up your shirt and bib at the starting line beginning around 8:00AM (normally one hour before the race)

LATE REGISTRATION: Your family & friends can register on race morning for \$40. We will be shipping out shirts to day-of-race registrants. We may try and do registration from inside a car so as to keep race personnel warm too.

BIBS: Wear them on the front of your body please. **DO NOT PIN THE BOTTOM FLAP!** We are going old-school tag timing and those are the rules!

COURSE: Course is out and back on the Northeast Airport “loop” bike path. Please stay on the path. Do not run in the street. The 1 and 3 Mile Marks are in the same location in front of Leonardo. Current course plan is to run on the 8th District driveway (not the sideway around the corner of Red Lion & Academy) Please be aware this is an active police station, and there may be calls during the NorFEAST 4 MILER. Please keep your listening devices at a volume where you can hear instructions and sirens. The turn around is across from the old farm market near Grant & Academy

HYDRATION: Under normal circumstances there would be a hydration station at the 8th District Police Station, but as this is only 4 miles (and it takes your body half an hour to absorb water) and winds are expected to be a little high, please carry your own water should you expect to need some. There will be a cooler jog of water at the Start-Finish line

AWARDS: Plaques to the top three overall man & women and based on preregistration top three in each of these age groups:
Under 14, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & Older

FOOD: Broth & bagels at the finish line and our awards will be quick after the last person finishes because we all want to go home to our families and feast

RESULTS: Online, some time after dinner at [runBUCKS.com](#).

VOLUNTEERS: We could still use some help at registration, The Hydration Station and course marshals:
<https://runsignup.com/Race/Volunteer/PA/Philadelphia/NorFEAST4MILER>

CHARITY PARTNER: The American Foundation for Suicide Prevention www.afsp.org and [The Kyle Ambrogi Foundation](#)

#stopsuicide #donttacklelifealone

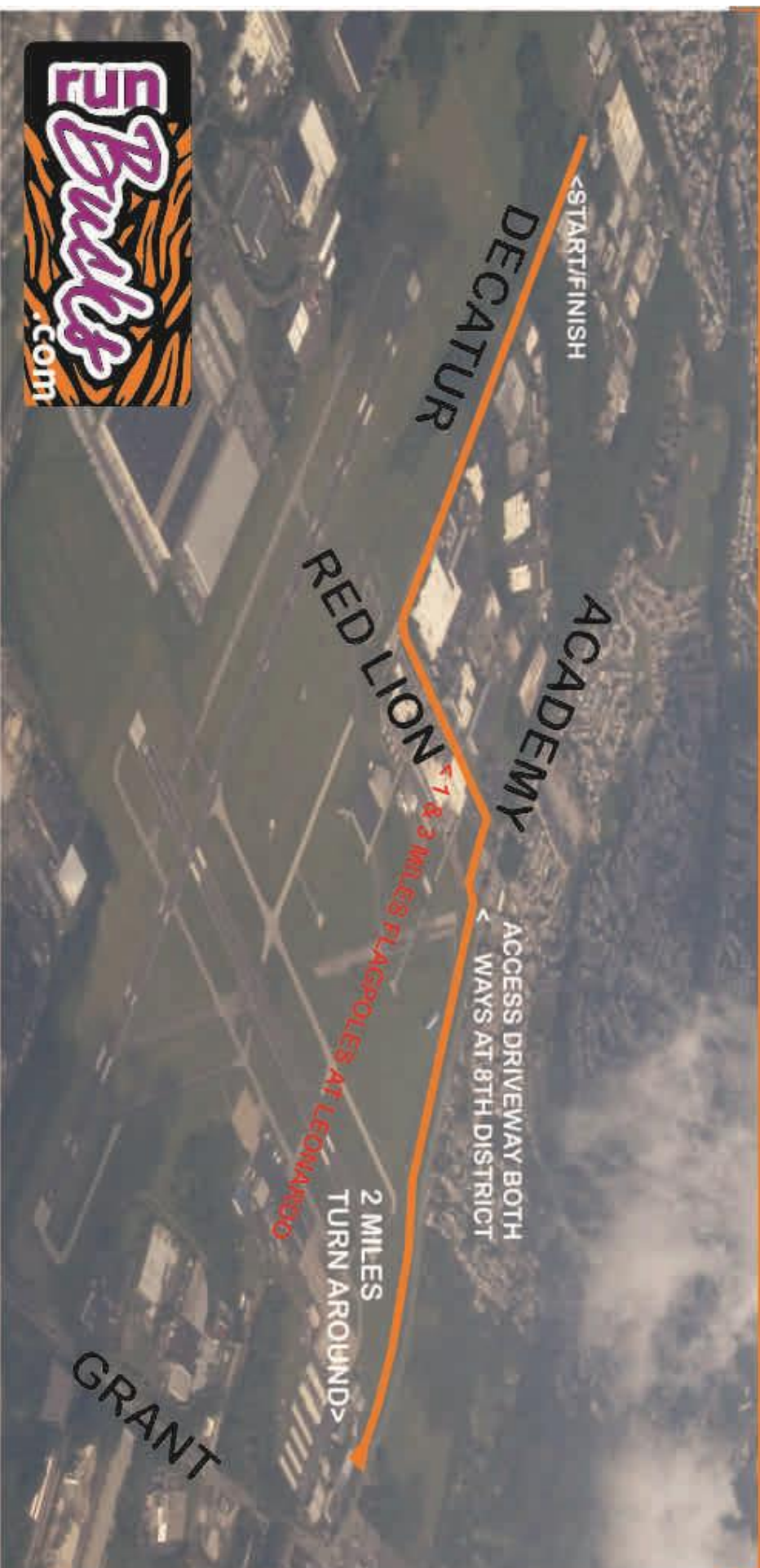
SPECIAL THANKS TO CHUCK ZERAMBO OF [SIR CHARLES ENTERTAINMENT](#)
FOR PROVIDING MUSIC & ANNOUNCING SERVICES FOR THE RACE



NOR^{East}east
FOUR MILLER
THANKSGIVING DAY RUN



BENEFITTING
American
Foundation
for Suicide
Prevention



FILL OUT SHIPPING LABEL
IF YOU'D LIKE SHIRT MAILED

\$45 IF YOU'D LIKE A SHIRT MAILED

MAKE CHECKS PAYABLE TO: RUNBUCKS



PLEASE FILL OUT FORM COMPLETELY. INCLUDE EMAIL ADDRESS TO ENSURE YOU HAVE THE LATEST RACE INFORMATION AND UPDATES.

2019 NorFEAST 4 MILER 11/28/2019

FIRST NAME

[illegible]

LAST NAME

[illegible]

STREET ADDRESS

[illegible]

CITY, STATE, ZIP

[illegible]

DAY PHONE

[illegible]

GENDER

☐ MALE☐ FEMALE

SHIRT SIZE

OSMAI

☐ MEDIUM

CHARGE

OYI

AGF

AGE	

DATE OF BIRTH

MO	DAY	YEAR
----	-----	------

EVENING PHONE

[illegible]

EMERGENCY PHONE (NOT YOUR OWN)									

[illegible]

EMAIL ADDRESS

[illegible]

HONEST PREDICTED: FINISH TIME

HR : MINUTES : SECONDS

OFFICIAL USE:

BIB#	/CT#	/\$	/
------	------	-----	---

WAIVER: I know that running in a foot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any and all decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running participants, the effects of weather, including high heat and humidity or extreme cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release The City of Philadelphia, City of Philadelphia Division of Aviation, runBucks, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

I grant permission to all the foregoing groups to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation

PARTICIPANT'S SIGNATURE _____

DATE _____

PARENT'S CO-SIGNATURE (if participant is UNDER 18 YEARS of age) DATE

THANKS TO THE NORTHEAST PHILADELPHIA BEER RUNNERS AND YARDS BREWING

WE HAVE BEEN INVITED TO [UNION TAP](#) WHICH IS 1.1 MILES FROM THE FINISH LINE

AFTER THE AWARDS ARE DISTRIBUTED

THE FIRST ROUND OF YARDS BRAWLER IS ON THEM! ENJOY

AND THANK YOU FOR THE SUPPORT

(YOU MAY NEED TO PRESENT YOUR BIB)



AND THANK YOU TO ALL PLACES TRAVELLED FOR THE SUPPORT



PLEASE CONSIDER JOINING US FOR THESE OTHER runBUCKS EVENTS:



Sunday, December 15, 2019 PHILADELPHIA STADIUM COMPLEX

ZANYGOOSE.COM UGLY SWEATER CONTEST

SANTA'S SLEIGH TEAM AWARDS

FITTING FINISHER MEDALS, STRING BAGS, SKULL CAPS PINT GLASSES and first round of
NAKED BREWING'S Rantlers Christmas Stout and Chickies & Pete's immediately after the race

Rantlers5K.com



runBucks
BUS TRIP TO THE

TUESDAY
DEC. 31-JAN. 1, 2020

NYRR Midnight Run
ONE OF THE COOLEST EVENTS ON THE PLANET, ASK SOMEONE WHO'S BEEN THERE



CRACKEDBELL

runBucks.com

Grilled
CHEESE
& TOMATO SOUP
RUN

REGISTRATION
NOW OPEN
ALWAYS SELLS OUT

SUNDAY, MARCH 1, 2020



CRACKEDBELL

Mothers Day
10TEN
K Miler
MAY 10, 2020