

Welcome to the second "live" OneNationRunning 4 on the Fourth.

The race will take place at Northampton Municipal Park (not to be confused with Northampton Community Park. The proper park is located at: NORTHAMPTON MUNICIPAL PARK 281 Hatboro Rd, Churchville, PA 18966

With the small number of participants again we are cancelling advanced pick-up at runBUCKS. Sorry but we will have you over to runBUCKS World Headquarters soon!

Packet Pick-Up will be at the race site on race morning, beginning at 7:30AM.

We will be using "Dynamic Bib Assignment" which means your bib is not assigned until you pick it up, on site.

FOR YOUR LAST MINUTE FRIENDS, WE WILL BE DOING RACE-DAY REGISTRATION BUT WILL BE USING RunSignUp on site.



The QR Code for registration is:

Service charges still apply

START: The race begins at 8:30AM. Everyone starts at that time.

The course winds through the park and is out-and-back so run single file and to your right. Mile markers will be at 1-3 & the 2 mile/Turn Around.

SHIRTS: Everyone who shows up race day will get a CrackedBell singlet, BUT if you registered after the deadline you may have to wait to get yours in the mail after the reorder is complete but please wait until after the race to see if there are shirts remaining.

HYDRATION: It is still best to carry your own, if you feel you need hydration during the event. We will have refilling stations and Hydration Table at 1.5/2.5 Mile Marks

AWARDS: AWARDS WILL BEGIN AT 9:40AM. SOLLY BROTHERS APPLE PIES THEY'RE PERISHABLE, SO PLEASE BE THERE TO PICK YOURS UP!

TO TOP THREE OVERALL and IN THESE AGE GROUPS:

UNDER 20, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+W, 70-79M, 80+M

POST RACE FOOD: In keeping with the summer holiday theme post race food will be hot dogs and watermelon

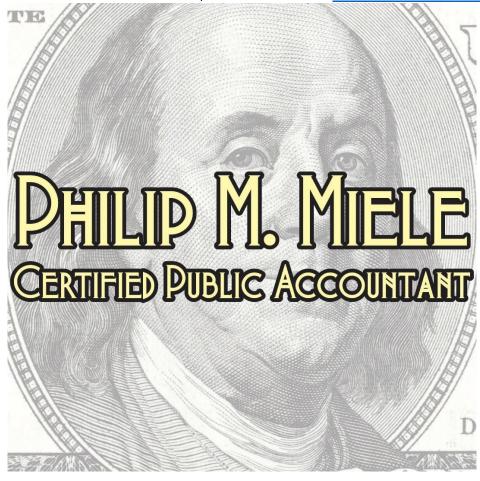
VOLUNTEERS: We're still in need of some hands along the course and at the finish line CLICK HERE TO HELP!

RESULTS & PICS: You'll find them online later on Monday night at: https://www.runbucks.com/results-and-pics

SOCIAL MEDIA: We'd appreciate you sharing your experiences: @runBUCKS @CrackedBell

SPONSORS & CHARITY PARTNERS

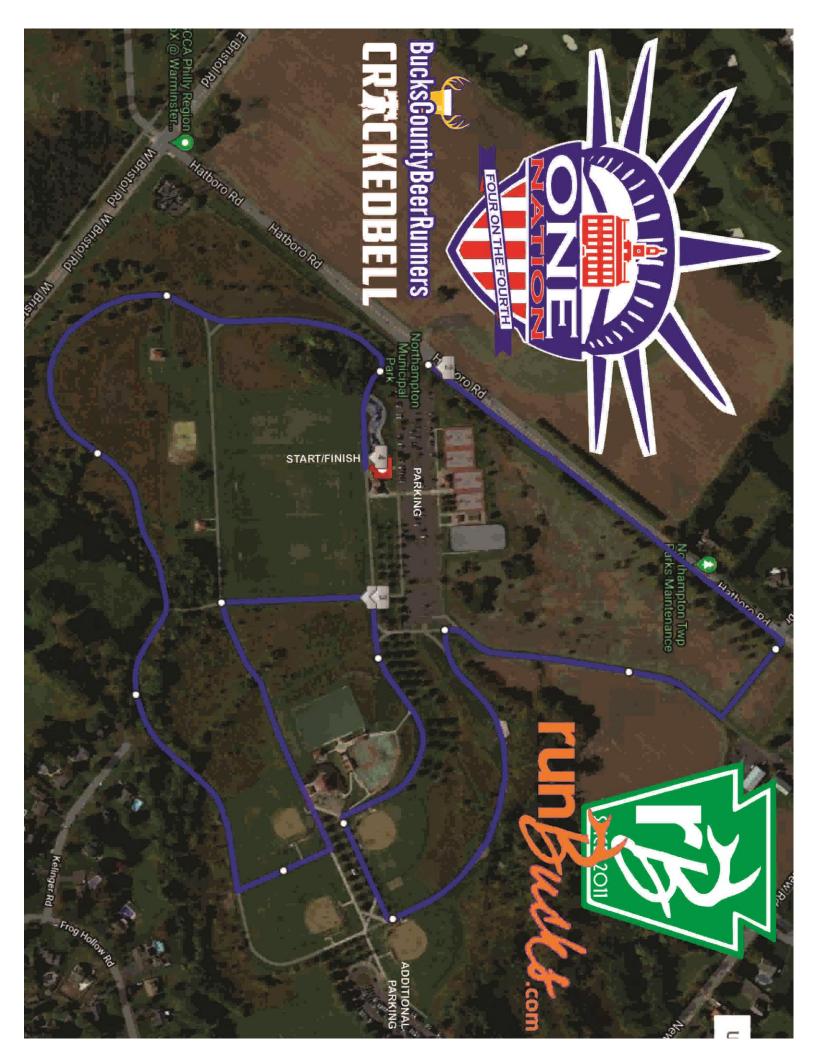
THANK YOU TO PHILIP M. MIELE CPA FOR HIS \$200 DONATION TO MIRACLE LEAGUE OF NORTHAMPTON

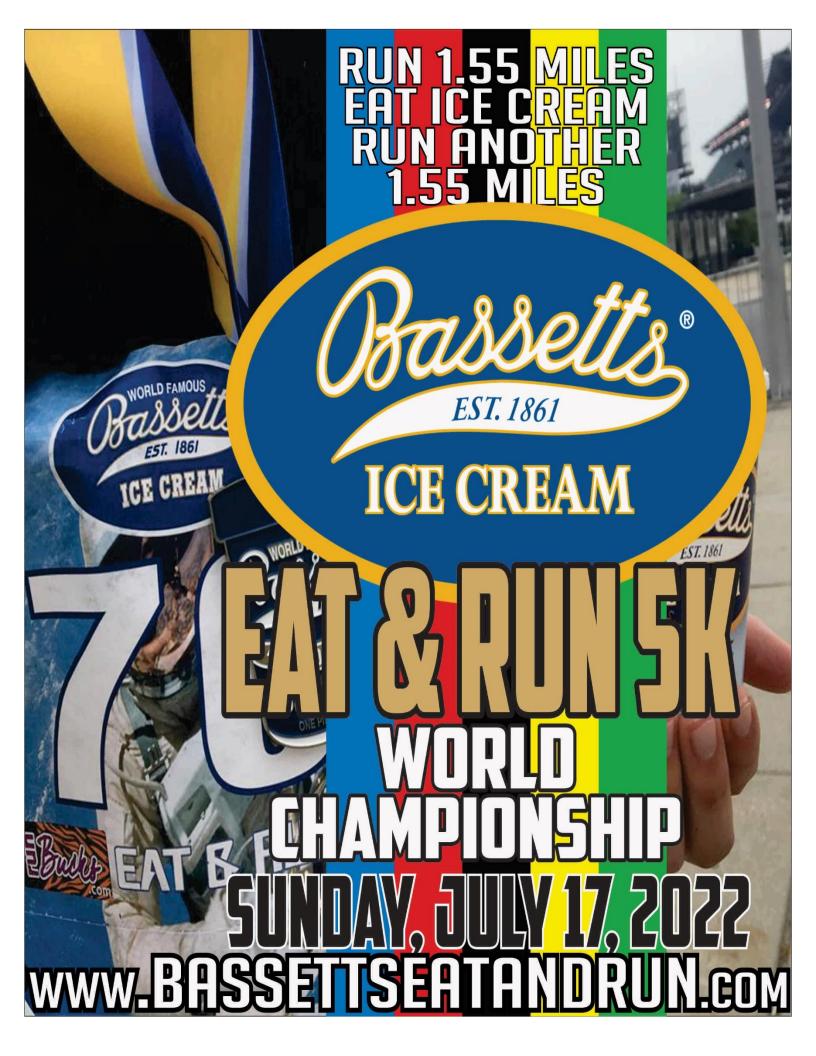


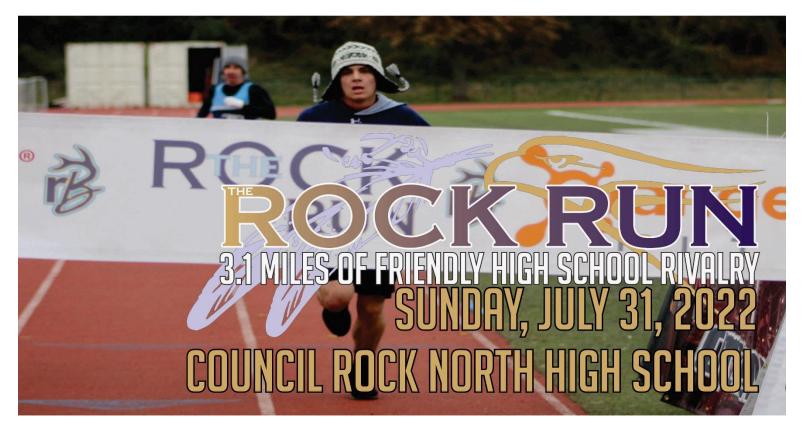
IF YOU WOULD CARE TO SUPPORT THE MIRACLE LEAGUE of NORTHAMPTON FIELDS OR THE SEMPER FI FUND











www.RockRunBUCKS.com **5K** IN ADDITION TO THE NORMAL OVERALL and AGE GROUP AWARDS THIS RACE SCORES TEAMS OF ALUMNI FROM AREA HIGH SCHOOLS

At least 2 women on the team, 5 people to score

AFTER WE HEAD TO A BAR TO CONTINUE THE TRASH TALKING

WINING ALUMNI TEAM GETS TO PAINT THE PERPETUAL "ROCK" TROPHY

IN ADDITION TO ORIGINAL (one school) COUNCIL ROCK, Council Rock North and Council Rock South. We already have a full team scheduled from Father Judge-StHubert's High School. St Joseph's Prep and Ryan are fielding teams and the recent graduates of Archbishop Wood are talking about joining in the fun.

TELL YOUR FRIENDS!



In addition to your last local chance to BQ for the 2023 BAA Boston Marathon We will be celebrating the 50th Anniversary of Frank Shorter's historic Gold Medal win in the 1972 Munich Olympic Marathon

which happened on September 10, 2022
FRANK SHORTER WILL BE IN ADDENDANCE