

**ORCHARD FRIENDS SCHOOL
IS EXCITED TO ANNOUNCE
OUR 10TH ANNUAL RUN & RIDE!**

Whether you're a marathoner, a power walker, or a weekend cyclist, you're invited to join in the fun! Winding along the breathtaking Delaware River and through historic Riverton, New Jersey, our 5K course offers sweeping views to inspire contestants as they race against the clock.

We'll be handing out T-shirts to the first 100 registrants, providing post-race refreshments, and awarding prizes throughout the morning—and, as always, 100% of proceeds will go to support student programming.

In addition to our Run & Ride entrants, we're also recruiting volunteers to assist with race day activities and to help cheer participants to the finish line.

**JOIN US ON SATURDAY,
APRIL 20 FOR A FUN,
ACTIVITY-FILLED EVENT.
WE HOPE TO SEE YOU THERE!**



405 Linden Avenue
Riverton, NJ 08077

**Join Us
4.20.24**

**10th ANNUAL
5^k Run
& Ride**



When:

Saturday, April 20, 2024

Registration begins at 8:00 am;

Race begins at 9:00 am

Where:

Orchard Friends School

405 Linden Avenue

Riverton, NJ 08077

Contact:

Phone: 856 786 1123

Email: Cbell@orchardfriends.org



Many thanks to our long-time
Run & Ride sponsor **JB Sports Timing**
for their generous support and for
timing the race each year!

2024 RUN & RIDE ENTRY FORM

Pre-registration ends April 19; same-day registration is available for an additional \$10.00.

If paying by check or money order, please make out to Orchard Friends School. Payments may be made online at the time of registration, or mailed to: Orchard Friends School, 405 Linden Avenue, Riverton, NJ 08077. If you'd like to register online, scan the QR code or visit: <https://runsignup.com/OFSSRunRide>

If you are interested in volunteering, email Courtney Bell at cbell@orchardfriends.org.

Note: A separate entry form and fee is required for each registrant; bike helmets are mandatory for all cyclists. There will be one water stop at the 5K halfway point.

<input type="checkbox"/>	5K RUN PRE-REGISTRATION BY APRIL 19:	_____	\$30.00
<input type="checkbox"/>	5K RUN SAME-DAY REGISTRATION:	_____	\$40.00
<input type="checkbox"/>	BIKE RIDE PRE-REGISTRATION BY APRIL 19:	_____	\$30.00
<input type="checkbox"/>	BIKE RIDE SAME-DAY REGISTRATION:	_____	\$40.00

_____ FIRST NAME		_____ LAST NAME		
<input type="checkbox"/>	<input type="checkbox"/>	_____ AGE	_____ EMERGENCY PHONE NUMBER	_____ EMAIL
M	F			
_____ STREET ADDRESS		_____ CITY	_____ STATE	_____ ZIP

WAIVER: I, the undersigned, acknowledge that a run/ride can be hazardous activity. I certify that I am medically able and agree to abide by all decisions of the race as final. I, and anyone entitled to act on my behalf, waive, release and discharge race organizers, Orchard Friends School, the Borough of Regions, employees, representatives, successors and assignees for any and all injuries suffered by me in said event.

_____ SIGNATURE	_____ DATE
_____ GUARDIAN SIGNATURE IF 18 OR UNDER	_____ DATE