

5K Road Race & One Mile Ramble



5K is a certified USATF-NJ course NJ18510JHP

Sunday, April 28, 2024

Skillman Park, Skillman, NJ

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Race Day Schedule

8:30	Registration opens
9:05	Zumba lesson on stage (Supported by Dance Factory)
9:20	National Anthem
9:25	Recruiting Champ Awards announced
	Team awards: Most Spirited, Cougar Award, Best Dressed,
	Community Service, Most Courageous & Family
10:00	1-Mile Ramble starts
10:20	Dance Factory performance
10:35	5K Run starts
10:50	Snack & water for race participants in tent
11:05	Ahn's Taekwondo presentation
11:20	Begin Awards Ceremony
	 1st place overall
	1st place Monty/Rocky Hill

Age group 5K awards



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Our sincere thanks to all of our sponsors whose contributions help Rotary continue its mission: "To End Hunger, Illiteracy, Addiction and Polio, in Our Community and Around the World"

The funds raised enable Rotary to support many charitable causes and make a difference in the lives of those less fortunate.

Montgomery/Rocky Hill Rotary Club



Welcome Runners, Spectators, and Sponsors!

Thank you for your participation in the 2024 Run With Rotary. This event is a major fundraiser for the Rotary Club of Montgomery/Rocky Hill Rotary and is the largest 5K race held in Montgomery Township.

The race first started in 1997 and was known as the Run with Aimee. The event was started in memory of Aimee Eve Polak who tragically passed away at the age of 23 in a car accident. The original race was started by the Polak family and supported by the many friends who helped host the race.

In 2007, The Rotary Club of Montgomery/Rocky Hill was asked to assume responsibility for the run and has been operating the race ever since. This year marks the eighteenth year our Rotary Club managed the event. Unfortunately, we did not hold the race during the pandemic, missing two years. This will be the 16th year the Run With Rotary will take place. For the first nine years, the Run With Rotary was held on local streets and neighborhoods.

In 2014, Skillman Park, formerly known as North Princeton Development Center, was nearing completion. Plans were started to host the 2015 Run With Rotary within Skillman Park with the support of the Somerset County Park Commission and the Montgomery Township Governing Body. Skillman Park was dedicated on April 23, 2015. The Run With Rotary was held on April 26, 2015. The course is certified by the USA Track & Field Association.

We are especially grateful to our many sponsors, this year, and the last 18 years, for their generous support. Thank you. The impact our club has had on Montgomery Township, the region, state, country, and internationally cannot occur without their kindness.

Earlier this year we lost a great friend to The Run With Rotary. Gary W. Verhoorn, was one of the original coordinators of the Run with Aimee. Gary was instrumental in training and teaching many of the Rotarians who took on the challenge of operating the Run With Rotary. Gary supported us and was a runner in the event for many years. Gary was the founder of the Resolution Run held every New Year's Day in Hillsborough. We will miss Gary for all the good he did in Montgomery and Hillsborough.

In closing, this race has impacted this community for 28 years, either as the Run with Aimee or the Run With Rotary, and we hope to continue it for many more. We wish you a great race!

Thank you. Race Chairman, Donato Nieman Assistant Chair, William Hyncik Assistant Chair, William Beachell



Welcome to our 16th Run With Rotary, Montgomery's Community Charity Event.

Our Rotary Club's members are excited to hold this event in our community, to bring people together for fun while enjoying healthy exercise outdoors in the name of raising funds for our most worthy causes. Your involvement with this fundraiser is what allows us to perform the charitable works of service to those in need.

The largest and oldest service organization in the world is Rotary, and at this event today we are all a part of this worldwide service organization that in many ways is making such a positive impact on humanity.

You can feel proud of your support in Run With Rotary, as you are directly contributing to the local needs of our community as well as health and economic needs around the globe. To name but a few, our Club does everything from purchasing equipment for our local emergency services to eradicating the crippling childhood disease called polio from the face of the earth. We do everything from providing scholarships to our deserving students to responding to natural disasters worldwide. As a Rotary Club, we are 100% volunteer-based, such that all of the funds we raise go their causes with no administrative costs incurred. Our Rotary Club Board gives its utmost effort to carefully select where we can be most effective in helping others. This is all integrated into Rotary's motto "Service Above Self".

We invite you to review this program to see who our sponsors are, and to learn of the many and varied ways that Rotary makes a difference. We give our heartfelt thanks to our very supportive sponsors and all of the day's participants for joining us, in helping us be successful in our endeavor to be a thriving and successful Rotary Club.

Doug Merritt
President
Rotary Club of Montgomery/Rocky Hill







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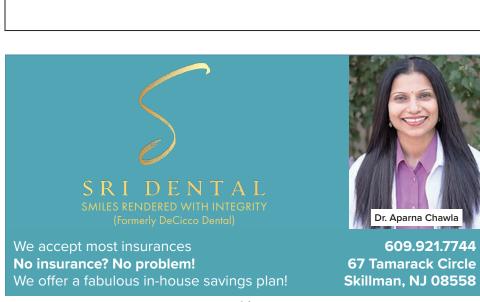
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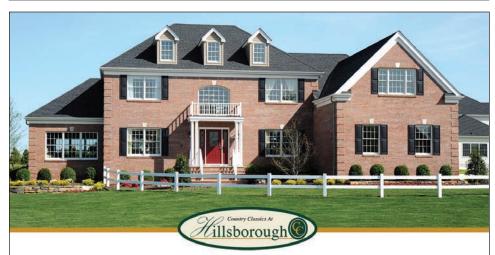


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Course Map and Descriptions

5 Kilometer (3.1 Miles) Course

RUN WITH ROTARY takes place in scenic Montgomery Township in Somerset County, New Jersey at Skillman Park. The five-kilometer loop course is USATF sanctioned and certified (NJ18510JHP). The entire course takes place on maintained paved trails with an asphalt surface. The route can be considered mostly flat with some gradual rolls in the first 1.5 miles. The run is located entirely within Skillman Park. Start and finish points are positioned near the center of the park at Bergen Circle. Skillman Park is accessed from Burnt Hill Road to the east and from Great Road/Route 601 to the west.

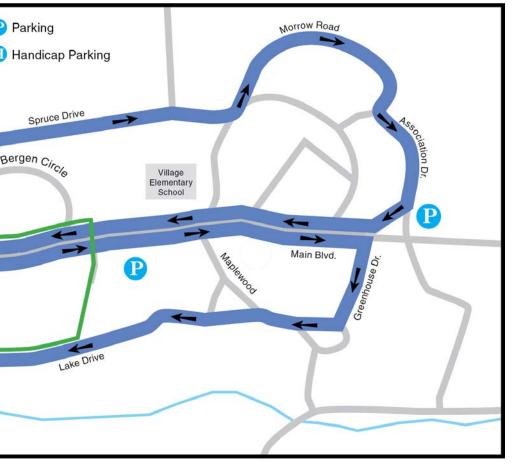
One Mile Ramble Course

The one mile Ramble is a loop course measured mile. This course also takes place on maintained paved trails with an asphalt surface. The One Mile Ramble Start is marked by storm drain near the 5K starting point, loops in the reverse direction to the south of the park and finishes at the same line as the 5K.



Run and Ramble Rules

- To Run or Ramble, you must: register and wear your race/ramble bib.
- To win a 5K award, you must register and include the following information: your residence, your age, your gender, and your team membership, if any.
- Stuff not allowed: Running or rambling without wearing a bib, crossing the finish line twice (this interferes with race scoring), or transferring your registration or bib to someone else.
- Other matters; Registration fees are not refundable or transferable, Bibs are not transferable.
- All decisions of the Race Directors are final, Please leave your pets at home.









Humble Beginnings. Not the so expect to see on the masthead of a suitable permanent name for the we However, it does reflect how I fee Humble Beginnings. From humble be you know the rest. Now, I'm not stalking Pulitizer Prize here. But publication that is every bit as good! Humble Beginnings. There y until we agree on an appropriate n of us. The challenge for each of that, collectively, we will have m those creative juices flowing, con your suggestion below and give it And, remember, "The Bulletin", "The have already been considered.

My suggestion for the name of









HILL ROTARY CLUB GINNINGS First Issue

proud publication, and not a ckly bulletin of this proud club. Labout this our first issue, innings, great things ...well, o sanguine as to believe we're, I am talking a weekly cod as its membership. Yes, that ou have it, and there it will stay ame. That's a challenge for all us is to propose one such name so any from which to choose. So get jure and visualize, then write to me by our meeting next week. e Gazette" and "The Spokesman"

the weekly club bulletin is:







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Thank you to the top recruiting Run With Rotary Teams First, second & third place recruiting champs are awarded, respectively, \$500/\$350/\$150 donations, which will be made in their name to the non-profit of their choice.

Top Contenders (as of 4/22/2024)

Dance Factory; Team size 82

St. Charles Borromeo; Team size 58

DanceXStudio; Team size 51
Mayor's Wellness Campaign; Team size 48

Thank you for your support!...Who will it be?

Thank you to all our community volunteers including:

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Emergency Medical Services • www.mems47.org Squad 47 - Montgomery Township, New Jersey

Emergency Medical Services • www.53ems.net Squad 53 - Rocky Hill, New Jersey

And **Thank you** to the following youth groups for volunteering:

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The Rotary Club of Montgomery/Rocky Hill



The Rotary Four-Way Test

"Of all the things we think, say or do:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?
 - Will it be BENEFICIAL to all concerned?"

Since its founding in 1990, our club has supported many local, regional and international service projects. Our service is generally behind the scenes and always with the goal of making a difference in the lives of others.

The Montgomery/Rocky Hill Rotary Club meets every Thursday morning from 7:30 to 8:45 am.

To find out more about Rotary please email: info@montgomeryrotary.org

Montgomery Rocky Hill Rotary Club Current Members

Emad Abou-Sabe
Heather Achenbach
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Paul Blodgett
Nathalie Cassion
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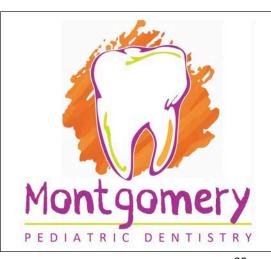
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