

# BROWNING ROSS WINTER SERIES 5K 2024-25

## Races on Sundays at 1:00 PM

Flat accurate, wheel-measured course.  
Race prizes! You get to pick your prize!  
Race day registration only.



**December:**  
**1, 8, 15, 22, 29**

**January:**  
**5, 12, 19, 26**

**February**  
**2, 9, 16, 23\***

\*February 23 is a special Alumni Run with a planned 5K and 5 Miler.  
Expect great food, prizes and fun! Overall male and female winners get their race entry fee returned and still get to pick a prize!

**Time:** All races begin at 1 PM.

**Entry Fee:** \$7 Adults, \$5 Students.  
Cash or Venmo @sjtca2020  
February 23: \$15 Adults, \$10 Students.

**Location:** Harrison C. Shaw Sr. Bike Trail  
Delsea Drive (Route 47), Glassboro NJ

**Parking:** Awalt Drive, next to Acenda Integrated Health  
42 Delsea Drive South, Glassboro, NJ 08028

**Race Director:** Ringo Adamson: 856-904-3543 or [tuffgangrunning@yahoo.com](mailto:tuffgangrunning@yahoo.com)

### Records:

5K Rowan Course:	Rob Rawls	14:56.36	Aug. 22, 2013
	Chelsea Ley	16:44.6	Aug. 27, 2009
5K Bike Trail Course	Brett Milden	16:14	Aug. 31, 2023
	Reagan Mahoney	18:27.35	July 15, 2021
5 Mile Bike Trail Course	Brian Quilty	26:31	Aug. 25, 2022
	Alyssa Condell	31:17	Aug. 25, 2022



<https://www.tuffgangrunning.com/>

## TUFFGANGRUNNING

Think Strong. Be Strong. Finish Strong.

