

# BROWNING ROSS SUMMER SERIES 5K – 2024

## Races on Thursdays at 7:00 PM

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



**June:** 6, 13, 20, 27                      **July:** 11, 18, 25                      **August**  
**1, 8, 15, 22, 29\***

August 29<sup>th</sup> is a special Alumni Run. Expect special surprises!  
Although there is not a race on July 4<sup>th</sup>, consider the Pitman Freedom 4 Miler!  
<https://runsignup.com/Race/NJ/Pitman/PitmanFreedomFourMilerRun>

**Time:** All races begin at 7 PM.

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

**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/>