

# BROWNING ROSS SUMMER SERIES 5K 2025

## Races on Thursdays at 7:00 PM

Flat accurate, wheel-measured course.

Race prizes! You get to pick your prize!

Race day registration only.

\*\* There are currently no bathrooms on site \*\*



**June:**

**5, 12, 19, 26**

**July:**

**3, 10, 17, 24, 31**

**August**

**7, 14, 21, 28\***

\*August 28 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 7 PM.

**TUFFGANGRUNNING**

Think Strong. Be Strong. Finish Strong.

**Entry Fee:** \$7 Adults, \$5 Students.

Cash or Venmo @sjtca2020

August 28: \$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/>