

# STAMP OUT HUNGER



MEDFORD, NJ | LABOR DAY

## Key Details for our 2024 Race:

- Pre-Race Day Packet Pick Up:
  - Saturday, August 31st 10am-4pm at ShopRite of Medford – 208 Rt. 70 East Medford, NJ
  - Sunday, September 1st 1pm-5pm at ShopRite of Medford – 208 Rt. 70 East Medford, NJ
- Participants of the 10K must be 10 years or older by 9/2/24
- There will be 2 gun starts:
  - 10K participants will line up first with a gun start at 8:30am
  - 5K participants will line up behind the 10K runners with a gun start shortly after 8:30am
  - 1-mile walkers will line up behind the 5K runners and allow the runners to take off
- There is a 90-minute time limit for the 10K. All runners must be finished by 10am - make sure to pace yourself accordingly.
- The 5K Award Ceremony will begin promptly after runners return - approximately 9:45am, with the 10K Award Ceremony following
- Parking will NOT be available at the Public Safety Building but will be available at the adjacent medical building and at Freedom Park
- Strollers and wheelchairs are welcome, and we ask that strollers start near the back of the line to allow runners to make their best times. No dogs are allowed for this event.

To view the course maps [click here](#).

*Please note, 10K participants will complete the 5K course twice.*

**Questions? Email us at [info@stampouthunger5k.com](mailto:info@stampouthunger5k.com)**