



Date: Saturday, November 16, 2024

Time: Arrive by 8:30 AM. First runners will start at 9 AM. Subsequent start times will be staggered sequentially based on predicted finish times.

Where: [Echo Hill Park, 41 Lilac Dr., Lebanon, NJ](#) We will be outside in the picnic area (no access to the building).

Distance: 10K

Route: <http://www.gmap-pedometer.com?r=6473793>

Course Description: Mostly flat with a sprinkling of gentle hills.

Entry: Donation item for the Open Cupboard Food Pantry

Theme: The **HRH Pie Run** is intended to be a *fun* event, but can also be as competitive as you might like to make it. Winners are not necessarily the fleetest of foot, but rather those with a keen sense of pace. This is a *prediction run*.

Rules:

1. Timing and/or tracking devices, including but not limited to watches, cell phones, GPS, etc. are prohibited! It's a prediction run! Disregard for this rule will result in disqualification and probably a dirty look or two.
2. You must submit a time for your predicted finish in advance of the race. Please enter your predicted finish time here by November 13. If you would like to volunteer (course marshal, timing), reach out to one of the board members.
3. Start times will be staggered based on the range of predicted finish times with the longest predicted finish runner(s) leading off at 9am.

Awards: Pies will be awarded to the top finishers with the closest predicted finish time.

Please bring a snack to share and plan to stick around for post race refreshments, results and awards.