

SJAC presents The Pennypacker Park Cross Country Open

Saturday, December 2, 2017 @11:00 am

Your first chance to race in the footsteps of the high school legends who have used the Pennypacker Park cross country championship course for years. This is not a challenging trail run. It is a generally flat and fast, accurately measured 5k course. One third on asphalt path: spikes are allowed but not recommended. Remainder on dirt trails and grass and includes the usual complement of roots, sticks, uneven surfaces, the occasional stray rock and (sometimes) mud. Course map available online at [USATF](#). Mileposts every half mile (courtesy of Zack Ruggiero's Eagle Scout project: Thanks, Zack!) Will run in inclement weather.

Register via [RunSignUp](#) or use [printable entry form](#) and mail to SJAC, PO box 563, Haddonfield NJ 08033

Team competition encouraged. No extra charge for team entry. Team awards for both women and men: four person teams; top three score, fourth can displace. Awards to overall winners, with special prize if they beat current course records of 16:57 (Briana Gess) and 14:57 (Boo Vitez). Age group awards, and an embroidered cap to all entrants while supplies last. Post race refreshments.

Course is located in the Camden County Parks system in Pennypacker Park (also known as Maria Barnaby Greenwald Park), located off Park Drive just west of Kings Highway. Use address of 60 School Lane, Cherry Hill, NJ 08002 for navigation purposes. Registration is in picnic area adjacent to softball field, located nearby to start and finish. Race day registration available. Contact race director Dave Stewart at southjerseyathleticclub@gmail.com or 856 979 5875 with any questions.

