

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.



June:

6, 13, 20, 27

July:

11, 18, 25

August

1, 8, 15, 22, 29*

August 29th is a special Alumni Run. Expect special surprises!
Although there is not a race on July 4th, 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

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