

About The Metuchen 5K Courses

- ◆ Permanently Marked for Year-Round Use
- ◆ Two 5K Courses - USA Track & Field Certified
- ◆ Convenient Location in Central New Jersey
- ◆ Can Be Used By Groups or Individuals
- ◆ For Information Call: Metuchen Borough Hall 732-632-8540

Special Thanks

Jennifer Maier, Borough Administrator
Metuchen Borough Council
David Irizarry, Chief of Police
Cpl Ken Bauer, Traffic Safety
Metuchen Police Department
Nancy Goldberg, Director Recreation
Recreation Commission
Fred Hall, Director Public Works
Public Works Department
Traffic & Transportation Committee
Bruce Peragallo, Principal MHS
Marty Holleran, Coach MHS
Jane Parks, USATF
BSA Troop 17, Metuchen/Edison
BSA Troop 14, Metuchen/Edison
BSA Troop 74, Metuchen/Edison

Joseph Conroy BSA Eagle Scout

Joseph marked the courses as his Boy Scout Eagle Service Project, 2015. He spent many hours planning and executing his project. As a member of the Metuchen High Cross Country and Track Team he aimed to improve the Metuchen community and encourage people to support important causes. He is grateful to Metuchen residents and local organizations for their support.

Sponsors and Supporters

Bendrot Family
Calantoni Family
Conroy Family
Crane Family
Duffy Dillinger
Facchini Family
Galeota Family
Gold Family
Grace Family
Hines Family
Kohl Family

AbiliTees
Arthritis Foundation
FUCE 5
Hailey's Harp & Pub
I.T.S. Electric

Jaje Family
Josell Family
McCaffery Family
Puerzer Family
Elizabeth Rooney
Rydarowski Family
Schleif Family
Dawn Springer
Stempinski Family
Wyetzner Family

Metuchen PBA
Metuchen BP Svc Ctr
Metuchen Pediatrics
Pete's Barber Shop
Runner's High

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5K Running Courses

- ✓ **RUNNING FOR A CAUSE**
- ✓ **RUNNING FOR YOUR HEALTH**



Metuchen, New Jersey



JOSEPH CONROY
 EAGLE SCOUT SERVICE PROJECT 2015
 TROOP 17 METUCHEN, NEW JERSEY
 BOY SCOUTS OF AMERICA

METUCHEN
5K

RED COURSE

USA Track & Field Certified 5K
 Measured Under Race Name: Jingle Bell Run
 Metuchen, New Jersey
 100% Paved Surface
 100% Handicapped Accessible

BLUE COURSE

USA Track & Field Certified 5K
 Measured Under Race Name: Fuce 5K
 Metuchen, New Jersey
 Requires Access to Track Gate
 90% paved surface, 4.5% grass, 5.5% track

Course Markers: