



**10<sup>TH</sup> ANNUAL HOWELL TWP/FARMINGDALE**

# **5K RUN & RACE WALK**

**In Memory of William Bruno, Jake Bukowiec, John Bukowiec, Jr., Jared Crippen, Kevin Glass,  
Brian McDonough, Bubba O'Reilly, Walter Reitsma, Bill Whittaker &**

**All CONTACT Volunteers lost but never forgotten!**

**Wed., August 23, 2023 – 6:00pm**

**Benefits CONTACT of Ocean & Monmouth Counties'**

**24/7 Crisis Intervention & Suicide Prevention Hotline**

**Location: Start at Howell High School – Racing the Roads of  
Howell & Farmingdale!**

**405 Squankum-Yellowbrook Rd., Farmingdale**

**Professional Race Results by CompuScore**

**Discounted Registration Aged 20+ before Aug. 23<sup>rd</sup>**

**Special Pricing Age 19 & under – Only \$15 (NO INCREASE)**

**Call 732-240-6104 – REGISTRATION ONLINE ONLY:**

**[www.contactoceanmonmouth.org/events](http://www.contactoceanmonmouth.org/events)**

