

East Rockaway EDUCATION FOUNDATION



VIRTUAL Spring Run + Walk

EREF

Participate & Post: 3/20 – 3/28

REGISTER: events.elitefeats.com/eref21

EREF buff for the first 350 Participants! Do all three distances 5K, 10K & Half for the Trifecta and earn a MEDAL!

ONLINE REGISTRATION:

events.elitefeats.com/eref21

TRACK YOUR DISTANCE:

Download free app: Strava

ENTRY FEES:

5K, 10K, 1/2 Marathon: Adults: \$20;
Students 18 and under: \$12

Trifecta: Adults: \$50;

Students 18 and under: \$40

POST YOUR TIMES:

Run/walk whenever & wherever you like!

Starting 3/20, go to: elitefeats.com/Results. Upload your times & photos.

Last day to register and post times: March 28, 2021

Online registration: events.elitefeats.com/eref21

Please note, this is not an East Rockaway Union Free School District sponsored event.

East Rockaway
EDUCATION FOUNDATION
EREF