FOOTSTEPS FOR FRED

5K & 1.5 MILE RUN

RUN
WALK
VOLUNTEER
CHEER!

A STRONGER
HAPPIER
COMMUNITY
TOGETHER!

FUN FOR ALL AGES!

REBECCA'S HOMESTEAD
Footsteps for Fred

LAKE HOPATCONG



Join us Sunday, November 15, for the inaugural Footsteps for Fred 5K in Lake Forest!
Held in memory of Fred Barden, who loved running these roads, this community event celebrates his legacy while supporting Rebecca's Homestead and adults with disabilities.
Run, walk, volunteer, or cheer—there's a place for everyone, and every footstep helps make a difference.

When: Sunday, November 15, 2026

Where: Lake Forest Yacht Club - Lake Hopatcong

1.5 Mile: 9:00 a.m. — $32
5K: 9:30 a.m. — $38

Prices increase after October 31.

Scan the QR Code to Register

All participants receive a Finisher's Medal

Register by 10/20 to guarantee your shirt

For Sponsorship
Scan QR for Opportunities

EVERY FOOTSTEP MAKES A DIFFERENCE