

You are invited to participate in the Thirty-Eighth Annual



WOODS & LAKES RUN

Saturday, April 25, 2015 – 10:00 A.M.

Two races for Men and Women 30 and over

Traditional 10K Run - Simultaneous 5K Run

Start and Finish at Birchwood Lake, Mountain Lakes, New Jersey

Course is a scenic, mostly flat loop through woods and around lakes. Running surfaces will include macadam walk-ways, gravel paths and scenic wooded trails. There may be mud, logs, and other challenging obstacles.

Age categories, Men and Women 30-39, 40-49, 50-59, 60 and over

No Runners under 30 please • Prizes as determined by the Idiosyncratic Committee

PRE-REGISTRANT FEE: \$25.00 – Includes custom Woods and Lakes Shirt

APPLICATION MUST BE RECEIVED BY MONDAY, APRIL 20st

(Pre-Registered runners 70 and over may run as our guests)

DAY-OF-RACE FEE: \$25.00, no Shirt **DAY-OF-RACE REGISTRATION WILL CLOSE AT 9:38 A.M**

REGISTRATION: Return completed application to:

Woods and Lakes Run, Box 245, Mountain Lakes, NJ 07046

INFORMATION: 973-335-2799 or woodsandlakesrun@gmail.com

www.woodsandlakesrun.com

DIRECTIONS: Rte. 46 to Boulevard in Mountain Lakes, Left on Pocono Road, Right on West Shore Road to Birchwood Lake.



NAME:

PLEASE PRINT

ADDRESS

:

STREET

CITY

STATE

ZIP CODE

DIVISION: 10K RUN 5K RUN SHIRT SIZE: S M L XL (Pre-Registrants Only)

PHONE #:

GENDER

M F

DATE OF BIRTH

YOUR E-MAIL FOR RACE RESULTS:

FEE ENCLOSED, \$25.00 check payable to Woods and Lakes Run

In consideration of the acceptance of my application, I myself, my executors, heirs, administrators and assigns, do hereby release and discharge the Woods and Lakes Run Committee, the cities and towns through which the run is contested and the Morris County Parks Commission or its or their respective members, officers, agents, representatives, successors, and/or assigns for any and all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said run. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. I have read the above statement, I understand it and my signature confirms its full acceptance. I attest and verify that I am physically fit and sufficiently trained to participate in this event. SIGNATURE: _____