



# You are invited to participate in the 42nd annual Woods & Lakes Run Saturday, April 27, 2019, 10am

**Two races for Men and Women 30 and over**  
**Traditional 10K Run**  
**Simultaneous 5K Run**  
**Start and Finish at Birchwood Lake, Mountain Lakes, NJ**

### RACE COURSE DESCRIPTION

Course is a scenic, mostly flat loop through woods and around lakes. Running surfaces will include macadam walkways, 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 Idiosyncratic Committee*

**Pre-Register by April 22nd**

**\$30 Fee**, Includes custom Woods & Lakes T-shirt

**Application must be received by Monday, April 22, 2019**

(Pre-registered runners age 70+ may run as our guests)

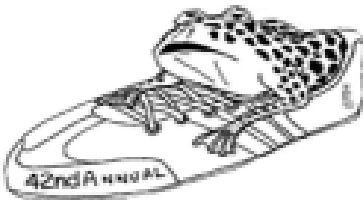
**Day of Race**

**\$35 Fee**, No T-shirt

**Day-of-Race Registration closes at 9:42am sharp!**

Please make check payable to:  
**The Borough of Mountain Lakes**

Mail completed application to:  
**Woods & Lakes Run**  
**Attn: Lorraine Caffrey**  
**Borough Hall**  
**400 Boulevard Mountain Lakes, NJ**  
**07046**



Contact Information:  
**(973) 335-2799**  
**thewoodsandlakesrun@gmail.com**  
**www.woodsandlakesrun.com**

Directions  
**Rte. 46 to Boulevard in Mountain Lakes, left on Pocono Rd, right on West Shore Rd to Birchwood Lake.**

NAME

STREET ADDRESS

CITY

STATE

ZIP

PHONE #

GENDER  M  F

DATE OF BIRTH

EMAIL FOR RACE RESULTS

DIVISION:  10K RUN  5K RUN

SHIRT SIZE:  S  M  L  XL

*(Pre-registrants only)*

Please read waiver and sign below

*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