



www.princetonac.org

Princeton Athletic Club Presents Fall 5K Cross-Country and 1 Mile Fun Runs

Rosedale Park Hopewell Township, NJ



Saturday, November 12

Youth Mile 9 AM

Open 5K 9:30 AM

On-line entry – all links: www.princetonac.org

Paper entry form – see over.

Where: Rosedale Park is off Federal City Road, near the junction with Blackwell Road. See course map below.	Race director Andrew Servis Please thank our many volunteers.
When: Registration from 8:15 AM. Youth 1 mile start 9 AM. Open 5k start 9:30 AM.	
5k Entry fees – \$14 by 10/29, \$20 after, \$25 at the race. Youth (under-13) mile entry fees: \$7 by 10/29, \$10 after and race day. On-line entry encouraged. Same fee as mail-in. T-shirts – no ads! – \$15. Buy online for best size availability.	Directions to Rosedale Park. From I-95: Take Exit 5B-Federal City Road north. At the second light (1.2 miles), turn left onto Lawrenceville Pennington Road. In 0.5 miles, turn right onto Federal City Road again. Rosedale Park is straight ahead in 1.4 miles. From Princeton: Take Route 206 south to the light on Carter Road. Turn right on Carter Road and proceed 1.7 miles to the light at Cold Soil Road. Turn left and go 1.5 miles to Blackwell Road. Turn right and go 1 mile (past small parking lot) and turn right onto Federal City Road. Park entrance is in 0.2 miles.
PAC member discounts: see over or online. Volunteers Contact: fallrun@princetonac.org This is a no-frills XC event – we'll have some prizes, refreshments and no plastic medals.	One mile event open to under-13's, and strongly recommended for under-11's.
5K course: See map at right. Start at clearing near Federal City Road entrance. Proceed to marks a through n. Close loop at mark e and continue d-c-b-a to finish. Course follows principal trails. Mile course: Start at flagpole. Proceed to marks a, b, c, u. Turn around at u and return c, b, a to finish. Map derived from NJ Trails Association. Course Records: Open M: Sean Sketch, 16:58 W: Claudia Keep, 20:26 Masters M: Dan Feder, 18:30 W: Isabella de la Houssaye, 24:00 Thank you, Mercer County Parks Commission! Insurance provided by Road Runners Club of America (R.R.C.A.)	

PRINCETON ATHLETIC CLUB is a 501(c)3 nonprofit organization promoting the sport in our community.

Full details on membership and our activities at: princetonac.org



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Early entry received by October 29 PAC members: \$2 off 5K, \$1 off youth mile.	
Early 5K \$14	Early U13 Mile \$7

Regular entry received after October 29 PAC members: \$2 off 5K, \$1 off youth mile.	
Late 5K \$20	Late U13 Mile \$10

RACE DAY	
RACE DAY 5K \$25 / PAC \$20	RACE DAY U13 Mile \$10

T shirt NO ADS \$15 each	Check or enter quantity →	S	M	L	XL
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Order by October 29 to guarantee size. After that, limited to stock on hand.

“Princeton Athletic Club” maple leaf graphic, shown above.

WAIVER: I know that running a trail race is a hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running or attending the race, including, but not limited to, debris and poor footing on the course, falls, contact with other participants, the effects of weather, including high heat and humidity, getting lost, wild animal attacks, traffic, and the condition of roads and trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I hereby for myself, my heirs, executors, administrators and anyone entitled to act on my behalf, release and indemnify Princeton Athletic Club of Princeton, New Jersey, Inc., Mercer County Parks Commission, County of Mercer, NJ, the race committee, course officials, all sponsors, their representatives, directors, officers, employees, and successors from all claims or liabilities arising out of my participation in this event(s). By entering this race, I am granting permission to Princeton Athletic Club of Princeton, New Jersey, Inc. to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTOOD THIS WAIVER. (Parent's or guardian's signature if entrant is under 18 years of age. This is to certify that my son/daughter has my permission to compete in this event, is in good physical condition, and that the event officials have my permission to authorize medical treatment if necessary.)	5K – \$14 till 10-29 / \$20 after / \$25 race day	\$
	Youth U13 Mile – \$7 till 10-29 / \$10 after	\$
	T shirts \$15 each	
	PAC discount	
	2012 memberships – separate form available at www.princetonac.org	
Total	\$	

Name: _____ Club (if any): _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Gender: M F Date of Birth (mm/dd/yyyy): ___/___/_____
 Email Address: _____

Make check payable to “P A C” and note “Fall XC” on memo line. Mail to
P A C, c/o Lawren Smithline, 150 Spruce St, Princeton, NJ 08542.

Online entry via
www.princetonac.org

Signature _____ Date ___/___/2011 www.princetonac.org

Official Use	Rec'd by	Check #	Bib #
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