



Princeton Athletic Club Presents

Mountain Lakes Trail Run & Walk

www.princetonac.org

5K+ Trail event at Mountain Lakes Preserve

Monday, September 6 – Start 9 AM

Sign-in opens at 8 AM.

Online entry – www.princetonac.org

Benefiting Princeton First Aid & Rescue Squad

Thank you to our Underwriting Sponsors!



**Penn Medicine
Princeton Health**

Where **Community Park North, Princeton, NJ.** Mountain Ave by 206. Parking at Community Park North, legal street parking, or CP South and walk across ball fields and cross 206 to Mountain Avenue at the light. Registration and sign-in at the amphitheater in Pettoranello Gardens.

When **Monday, September 6** – Registration online or 8:00 to 8:45 AM. Event starts at 9 AM.

Entry \$35 till August 15, \$40 from August 16 through September 3.
All online, no fees added. No mail in. PAC discount online.

\$50 after September 3 including day-of entries.

T-shirts for all registered by August 15, others while they last.

Limited field – early entry encouraged.

Event A low-key trail run and walk. Awards for top performers, post-event refreshments for all.

5K+ trail course comprising about 10% paved park trail, 30% unimproved service right-of-ways and 60% single track including moderately technical rocks, roots, logs, and whatever else nature has wrought in the woods.

Event timing may end at 55 minutes. Walk event is *not* an officiated competitive race walk.

Benefit Princeton First Aid and Rescue Squad (PFARS). Direct expenses of the event are paid out of event receipts. 10% of event receipts are reserved to support the ongoing costs of the non-profit Princeton Athletic Club (e.g. insurance & equipment). Net proceeds is the balance of event receipts.

Safety Items Pets, strollers, personal audio devices are prohibited. Due to the technical nature of the trail, parents should carefully consider whether this event is appropriate for their children.

Volunteer Sign up online, or **contact race director Lawren Smithline** lakes@princetonac.org

PAC Princeton A. C. memberships available. Visit us online at www.princetonac.org



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Register by amphitheater, mark R.

Course: Start at mark A, on the pipeline right-of-way near the crossing of the white blazed trail. Proceed west to mark B, paved access road, and turn right. Left at Mark C onto service right-of-way, blazed blue. Follow marks alphabetically. At Mark I, proceed south along white blazed trail to mark A. Turn left and finish on the paved park trail between mark J and mark R.

