



Princeton Athletic Club presents

6K Cross-Country Run

Friends School, 470 Quaker Road, Princeton, NJ

Saturday, April 9, 10 AM start

princetonac.org

<http://princetonac.org/events/institute-woods-6k>

info: iaswoods@princetonac.org

entry: princetonac.org

ENTRY FEE – includes T-Shirt – \$35 till March 18

No Shirt: \$25 till March 18. All online registration, no additional fees.
From March 19 till April 6, \$40, includes remainder T-shirt if available.

Online registration may continue through April 8 – no promises!

Please preregister: on location will be \$55 credit card only – no cash.

Discount online *with discount code* for Friends School, IAS, and PAC members.

All online entry – no additional online fees – visit princetonac.org

T-SHIRTS \$15 day of, as available.

Runners, please check in 8:45 to 9:45 AM for an on-time start. Those expecting to finish beyond **55 minutes**, please inquire about possible noncompetitive start.

Walkers are welcome –

Online entry: visit princetonac.org

Limited to 200 participants.

*See website for
public health response details*

NO REFUNDS. If you can't race and inform us in **writing** before race day, we will treat your entry fee as a tax-deductible donation.

**Volunteers needed, contact race director
Lawren Smithline**

iaswoods@princetonac.org

Course is on trails through the Institute Woods. Course sweep consistent with runners on 15 minute per mile pace from main start.

Important: The IAS Woods Event is a special privilege. Please respect out-of-bounds areas. PLEASE DO NOT APPROACH IAS MAIN CAMPUS BUILDINGS, FRIENDS MEETING HOUSE, OR CEMETERY.

DIRECTIONS

To Friends School, 470 Quaker Road, labeled P on map, **from Route 206:** Turn onto Lover's Lane. At the first traffic light, turn right onto Mercer Street. Go about 3/4 mile (past the Princeton Battlefield Park) and turn left onto Quaker Road. Another turn left immediately. Stop at the stop sign and drive into the school's entrance directly across the street.

To Friends School from Route 1: Exit for Province Line, Rt. 533 N, and continue to Quaker Road.

To Overflow lot, labeled OP, opposite 225 Olden Lane (Crossroads School), **from 206:** Turn onto Lovers Lane. Continue across Mercer Street to Olden. It is just under one mile to Friends School down Trolley Track Trail. **From Route 1:** Quaker Road, right on Mercer Street, past the Battlefield, and right on Olden.

Course: Enter trails at point A. Course starts at B. Main loop: B – C – D – E – F – B. REPEAT main loop. After second loop, turn right at Point B, running north on Pipeline to finish at Point A.

**Do Not Enter Areas Labeled
Out-Of-Bounds.**

