



Princeton Athletic Club presents

6K Cross-Country Run

Friends School, 470 Quaker Road, Princeton, NJ

Saturday, April 15, 10 AM start

princetonac.org

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

info: iaswoods@princetonac.org

entry: princetonac.org

ENTRY FEE – includes T-Shirt – \$33+online fee till March 24

From March 25 till April 12, \$38+online fee, remainder T-shirt if available.

Online processing fee is approximately \$3 to \$4.

After April 12 – we transition to event day pricing.

– **On-site entry \$55 – \$51+\$4 fee credit card only – no cash.**

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

All online entry – 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.

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.**

