



Princeton Athletic Club Presents

Mountain Lakes Trail Run & Walk

www.princetonac.org

5K+ Trail Run & 3K Walk at Mountain Lakes Preserve

Saturday, September 23, 9 AM Start

Sign-in opens at 8 AM.

Online entry – www.princetonac.org

Benefiting Friends of Princeton Open Space

Sponsored by



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 **Saturday, September 23** – Registration online or 8:00 to 8:45 AM. Event starts at 9 AM.

Entry Same entry fees for run or walk. T-shirts for all registered by September 1, others while they last.

\$33 till September 1, \$38 from September 2 through September 20.
Plus registration service fee. No mail in. PAC discount online.

\$48 after September 20 including day-of entries. *Plus registration service fee.*

Limited field – early entry encouraged.

Event A low-key trail run and walk. Awards for top run performers, post-event refreshments for all. Run event is 5K+. Run timing may end at 55 minutes (17 minute mile pace). Walk event is easy route around the lake, about 3K. *Walk is not timed.* Not an officiated race walk. See course maps other side.

Benefit Friends of Princeton Open Space (FOPOS). 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 the 5K 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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Run is 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.

Runners reaching creek crossing at mark E (1.05 miles) beyond 18 minutes are behind sweep. They are advised to check in with course marshal and backtrack to the walk course at mark W.

Walk is approximately 3K, includes paved park trail, service right-of-ways, easy single track. There is a creek crossing over stepping stones.

