



Princeton Athletic Club – Mountain Lakes Trail Course

Emergency – use cell phone to call 911

(revision 9/2023)

Mountain Lakes / Community Park North in Princeton, NJ – Mercer County

Race marshals are primarily a contact point for SAFETY Event Date →

Please assist with directing runners to stay on course.

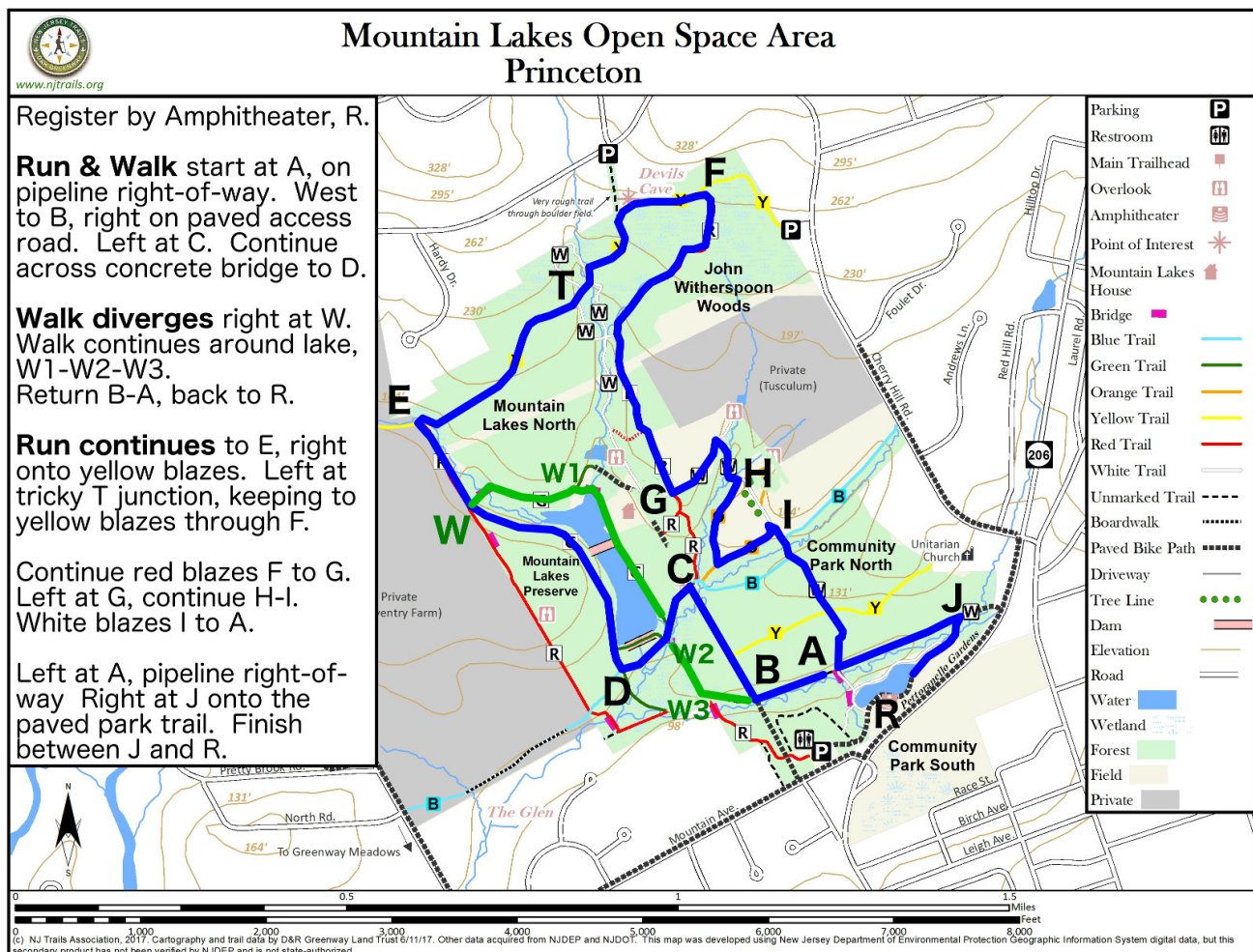
Event headquarters at mark R.

Event director and contact information

Marshal assignment →

End time, minutes after start. Sweep may come through sooner. Please collect flagging tape on return.

Primary	C :08	E :20	T :30	G :50	H :55	Walk escorts, run sweep
Secondary	D :12				F :38	Between H & I :55



Walk escorts Start walk about 3 minutes after run start, so there is clear separation. Walk leaders may go at a moderate to brisk pace, but do not drop group. Walk trailers may need to use judgment about whether to cut off at W2 if going slower than 30 minutes per mile pace.

Couse Sweep Walk or jog around course maintaining about 18 minutes per mile pace, or faster if staying behind last runner. Sweeper may go out with Mark E marshals and start sweep from E at 20 minutes after start.

Approximate minutes after start	D :10	E :20	T :25	F :30	G :40	H :45
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Mark E cut-off At 18 minutes after run start, marshals at E should advise participants to go back to W and join walk. Record the bib number of anyone who turns around so we can reassign to the walk category.

TEXT race director “**clear at Echo**” – that’s echo for E.

Marshals return via W and any route back to R. Sweeper continues around course.

Participants MAY continue behind the sweep, but there is no assurance of course support.

T means the T junction in the woods where Yellow and White trails merge.

Runners stay on YELLOW trail.

Marshals at T return to base as sweep passes. Marshals bring in arrows and stakes, if any.

TEXT race director “**clear at Tango**” – that’s tango for T, and T for T junction.

Continue around to Mark F, collecting arrows and stakes if any.

At Mark F, TEXT race director “**clear at Foxtrot**” – that’s foxtrot for F.

Runners continue on RED trail.

Marshals at Mark F and beyond return forward along course. If comfortable navigating shortcut from Mark G to access road, that is fine.

At Mark G, TEXT race director “**clear at Golf**” – that’s golf for G.

Continue around course. Marshals along the way come home.

At Mark A, TEXT race director “**clear at Alpha**” – that’s alpha for A.

Shortcut to G from paved access road. Continue up access road from C. At the parking lot on left (west side), enter trail (red blazes) on right. Follow trail gently around to left at a split. Mark G is junction with white blaze trail.