

You are invited to participate in the Thirty-Third Annual
Woods and Lakes Run

Saturday, April 24, 2010 - 10:00 A.M.

**Two races for Men and Women over 30
Traditional 10K Run - Simultaneous 5K Run**

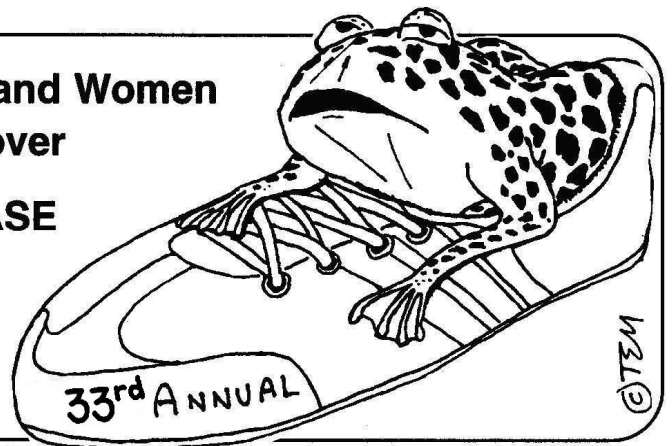
Start and Finish at Birchwood Lake, Mountain Lakes, New Jersey

COURSE is a scenic, mostly flat loop through woods and around lakes. Running surfaces will include macadam walk-ways, gravel paths and scenic wooded trails. There may be mud, logs, and other challenging obstacles.

**10K and 5K age categories, Men and Women
30-39, 40-49, 50-59, 60 + over**

NO RUNNERS UNDER 30 PLEASE

**PRIZES AS DETERMINED BY THE
IDIOSYNCRATIC COMMITTEE**



PRE-REGISTRANT FEE: \$25.00 - Includes custom Woods and Lakes Shirt
APPLICATION MUST BE RECEIVED BY THURSDAY, APRIL 15TH
(Pre-Registered runners 70 and over may run as our guests)

DAY-OF-RACE FEE: \$25.00, no Shirt **DAY-OF-RACE REGISTRATION WILL CLOSE AT 9:33 A.M.**

REGISTRATION: Return completed application to:
Woods and Lakes Run, Box 245, Mountain Lakes, NJ 07046
INFORMATION: 973-335-2799 or woodsandlakesrun@gmail.com
www.woodsandlakesrun.com
DIRECTIONS: Rte. 46 to Boulevard in Mountain Lakes, Left on Pocono Road, Right on West Shore Road to Birchwood Lake.

NAME: _____

PLEASE PRINT

ADDRESS: _____

STREET

CITY

STATE

ZIP CODE

DIVISION: **10K RUN** **5K RUN** **SHIRT SIZE:** **S** **M** **L** **XL** (Pre-Registrants Only)

PHONE #: _____ **GENDER:** **M** **F** **DATE OF BIRTH** _____

YOUR E-MAIL FOR RACE RESULTS: _____

FEE ENCLOSED, \$25.00 check payable to Woods and Lakes Run

In consideration of the acceptance of my application, I myself, my executors, heirs, administrators and assigns, do hereby release and discharge the Woods and Lakes Run Committee, the cities and towns through which the run is contested and the Morris County Parks Commission or its or their respective members, officers, agents, representatives, successors, and/or assigns for any and all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said run. I have read the above statement, I understand it and my signature confirms its full acceptance. I attest and verify that I am physically fit and sufficiently trained to participate in this event. **SIGNATURE:** _____