



Princeton Athletic Club Presents

Mountain Lakes Trail Run

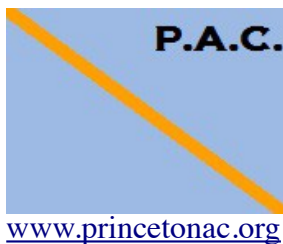
3.5± Mile Trail Run at Mountain Lakes Preserve

Sunday, October 16 at 9 AM

Sign-in opens at 8 AM.

Online entry – www.princetonac.org

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	Sunday, October 16 – Registration online or 8 AM to 8:45 PM. Run starts at 9 AM.
Entry	\$22 till October 2 , \$27 after. All online, no fees added. No mail in. PAC discount online. \$30 day of.
Online	www.princetonac.org
Volunteer	Sign up online, choose the event crew category. <i>Event crew is a free registration – you will get a confirmation email. If you do not get the confirmation email, the sign up is not complete.</i>
Event	A low-key challenging trail run. 3.5 mile trail run comprising about 1/4 mile paved park trail, one mile unimproved service right-of-ways and 2+ miles single track including moderately technical rocks, roots, logs, and whatever else nature has wrought in the woods. There will be post-run refreshments. Results posted online. This is our “recycling run.” Each participant will get a T-shirt from a previous event while they last. Clock at finish line. Depending on level of volunteer support, we may record your PLACE ONLY.
Safety Items	Pets, strollers, personal audio devices are prohibited. Due to the technical nature of the trail, parents should consider whether this event is appropriate for their children. Under-12's are discouraged from this activity.
Contact	lakes@princetonac.org
PAC	Princeton A. C. memberships available. Visit us online at www.princetonac.org



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Register by amphitheater, mark R.

Course: Start at mark A, on the pipeline right-of-way near the crossing of the white blazed trail. Proceed west to mark B, paved access road, and turn right. Left at Mark C onto service right-of-way, blazed blue. Follow marks alphabetically. At Mark I, proceed south along white blazed trail to mark A. Turn left and finish on the paved park trail between mark J and mark R.

