



Princeton Athletic Club Presents  
**6K Cross-Country Run at the Institute Woods**

Saturday, April 21, 10 AM start  
Friends School

Institute for Advanced Study

Course is on trails through the Institute Woods.

See other side for directions and course map.

For More Information Email: [iaswoods@princetonac.org](mailto:iaswoods@princetonac.org)

**ENTRY FEE:**

**Pre-register:**

\$16 until April 7, online and mail-in

\$20 April 7-April 20, online only

\$2 discount for IAS and PAC members

**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.

**Sorry! No Race Day Registration**

**Limited to 150 participants.**

Register online at:  
[www.princetonac.org](http://www.princetonac.org)

T-SHIRTS AVAILABLE FOR PURCHASE for \$15.

Order online until April 7

See PAC Website for sample illustration. No ads.

**NOT SO FINE PRINT:** The IAS Woods Event is a special privilege. Please respect out-of-bounds areas. PLEASE DO NOT APPROACH IAS MAIN CAMPUS BUILDINGS.

-----  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Gender: M F Date of Birth (mm/dd/yyyy): \_\_\_/\_\_\_/\_\_\_\_\_  
Email Address: \_\_\_\_\_  
T-Shirt circle: (none) S M L XL Amount enclosed \_\_\_\_\_

Make check payable to "P A C" and note "IAS woods" on memo line.  
Mail to P A C, c/o Megan Foreman, 609B Kingston Terrace, Princeton, NJ 08540

**WAIVER:** I know that running a trail race is a hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running or attending the race, including, but not limited to, debris and poor footing on the course, falls, contact with other participants, the effects of weather, including high heat and humidity, getting lost, wild animal attacks, traffic, and the condition of roads and trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I hereby for myself, my heirs, executors, administrators and anyone entitled to act on my behalf, release and indemnify Princeton Athletic Club of Princeton, New Jersey, Inc., Institute for Advanced Study, the race director, course officials, all sponsors, their representatives, directors, officers, employees, and successors from all claims or liabilities arising out of my participation in this event(s). By entering this race, I am granting permission to Princeton Athletic Club of Princeton, New Jersey, Inc. to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/2012  
(Parents signature required if under 18 years of age)

Official Use	Rec'd by	Check #	Bib #
--------------	----------	---------	-------

**THANK YOU, IAS and Friends School, for allowing us to use your sites!**

## DIRECTIONS

**From Route 206:** Turn left onto Lover's Lane. At the first traffic light, turn right onto Mercer Road. Proceed about 3/4 mile. At the intersection of Mercer Street and Quaker Road (past the Princeton Battlefield Park), turn left onto Quaker Road. Turn left immediately. Stop at the stop sign and drive into the school's entrance directly across the street.

**It is a special privilege to use the IAS and Friends School sites. Please respect out-of-bounds areas.**



Course: Start at point A. Proceed to Point B to enter main loop. Main loop: Pipeline, Far, River's Edge, Middle, west on Trolley Track to end. REPEAT main loop. After second loop, turn right at Point B, running North on Pipeline to finish at Point A.

**Do not enter area labeled out-of-bounds.**