

**Ringwood  
Educational  
Foundation, Inc.**

**5k Run &  
Family Walk**



**Saturday, May 19, 2001**

**Racing towards the future**

Hosted by  
The Ringwood Educational Foundation Inc.

**Directions to Shepherd's Lake  
Ringwood State Parks, Ringwood, NJ**

**From Route 80 to Route 17 North or Garden State Parkway, Exit 163 to Route 17 North.** Take Rt. 17N to Mahwah. As you approach the NY Thruway, stay in the right lane. Exit at 15A (Sloatsburg/Hillburn). Make a left at the traffic light onto Rt. 17N-NY. Stay in the right lane for approximately 1 mile and exit at Sterling Mine Road (Ringwood/West Milford). Continue approximately 4 miles. The entrance to Shepherd's Lake is a left turn after you pass Ringwood Manor.

**From Route 4 West to Rt. 208 North to Rt. 287 South.** Take Exit 57 (Ringwood/Skyline Drive). Bear right off the exit onto Skyline Drive. Take Skyline Drive approximately 3/4 miles to the very end (2nd stop sign). Make a right onto R. 511 N (Greenwood Lake Tpke.). Make the second right onto Sloatsburg Road. Shepherd's Lake is the second right.

**From Route 3 West to Route 46 West to Route 23 North to Route 287 North.** Take Exit 57 (Ringwood/Skyline Drive). At the traffic light make a left onto Skyline Drive. Stay on Skyline Drive approximately 6 miles to the very end (2nd stop sign). Make a right onto Rt. 511 N (Greenwood Lake Tpke.). Make the second right onto Sloatsburg Road. Shepherd's Lake is the second right.

**From Wayne Area.** Take Hamburg Tpke. N and bear right at the fork in the road which will take you into the town of Pompton Lakes. At the second traffic light make a right onto Ringwood Ave. Stay on Ringwood Avenue approximately 8-10 miles. Make a right onto Sloatsburg Road. Shepherd's Lake is the second right.

**Registration Information**

By Mail: REF, Inc.  
PO Box 297  
Ringwood, NJ, 07456

On-Line: [Http://www.ringwoodef.org](http://www.ringwoodef.org)  
Phone: 973-831-5631

**Race Information**

Start/Finish Line and Parking: Shepherd's Lake  
Ringwood State Parks, Ringwood, NJ

**Race Time**

- Race Day Registration begins at 8:30AM at course site
- 5k Run begins at 10:00AM
- Fun Walk begins at 11:30AM

**Race Packet & T-shirt pick-up**

- Race Day morning at course site beginning at 8:30AM
- T-shirt guarantee for first 250 registrants

**The Course**

- A beautiful route through Botanical Gardens and Skylands Manor
- Time splits every mile
- Water stations
- A choice of either 5k Run (3.1 miles) or 1 mile Fun Walk
- Race will be scored & timed by Compusero and results will be posted on the web site [www.Compusero.com](http://www.Compusero.com)

**Awards**

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Overall winner, male and female trophies
- Top 3 finishers, male and female, in each age category
- Medals for all runners who finish the 5K under age 15

**Special Attractions**

- World Class Runners will run set pace times
- Running tips will be given during the race

**REF 5k Race and Family Fun Walk**

**Saturday, May 19, 2001**

For more information, call 973-831-5631

Please print clearly

Last Name	
First Name	
Address	
City	State
Zip	Phone
Date of Birth	Sex
Race Day Age	USATF#
e-mail	

Check appropriate event below: no refunds, exchanges or transfers.

- 5k Run ..... \$15 (Race Day Reg. \$20.00)
- 5k Run (with USTAF#) ..... \$13 (Race Day Reg. \$18.00)
- Fun Walk ..... \$10/Adult  
\$7/Child (8<sup>th</sup> grade & under)

Maximum Family Entry Fee is \$30.00

**Amount Enclosed: \$ \_\_\_\_\_**

**Release:** In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, heirs, executors, and administrators, waive and release any and all claims for damages and injury I may have against the Ringwood Educational Foundation Inc., its trustees, officers and directors, and all other sponsors, charities and all other persons or entities involved in the promotion and staging of the REF 5k Race and Family Fun Walk and general participation in the days events. I also give my permission for the use, without fee, of my name and picture in any broadcast, or print media account of this event for promotional and publicity purposes. I attest and verify that I am physically fit for this event to be held on Saturday, May 19, 2001.

Signature (parent or guardian if under 18) \_\_\_\_\_