



7<sup>th</sup> Annual

# SHEPHERD LAKE 5K

Ringwood State Park, Ringwood NJ

Saturday, May 19, 2007 9:30 a.m.  
Rain or Shine

**Schedule:**

- 7:30 a.m. Registration Begins
- 8:30 a.m. 1 Mile Fun Run
- 9:00 a.m. Kids' Dashes
- 9:30 a.m. 5K Run
- Award Ceremony Immediately Following

**Directions:**

[www.RingwoodEF.org](http://www.RingwoodEF.org)



**Registration:**

By mail: P.O. Box 297, Ringwood, NJ 07456  
 Online at : [www.raceforum.com](http://www.raceforum.com); [www.Active.com](http://www.Active.com); and [www.practicehard.com](http://www.practicehard.com)  
 or download the registration form at [www.RingwoodEF.org](http://www.RingwoodEF.org)  
 For further information call: 201-741-3251 or [ShepherdLake5K@yahoo.com](mailto:ShepherdLake5K@yahoo.com)

**Info:** Parking, registration and start & finish lines located at Shepherd Lake  
 T-shirt guaranteed for first 250 registered

**Course:** A beautiful, challenging route through Shepherd Lake and Skylands Manor Botanical Gardens.  
 Time splits every mile & water stations. Race will be scored & timed by Compuscore and results will be posted on [www.Compuscore.com](http://www.Compuscore.com)

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall male and female. Top 3 finishers, male and female in each age category.

**Age Groups:** <14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70>

**Shepherd Lake 5K - 2007 Entry form**

last name	first name	5k Run .....\$20 (\$25 Race Da
street	city state zip	5k Run with USATF # .....\$18 (\$25 Race Da
phone	e-mail	Amount Enclosed \$ _____
date of birth	age on race day sex '07 USATF #	Check payable to REF, Inc.

**Waiver/Release:** In consideration of your accepting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive release any and all claims for damages and injury I may have against the Ringwood Education Foundation, Inc., its trustees and officers, and all other sponsors, ch persons or entities involved in the promotion and staging of the Shepherd Lake 5K events and general participation in the day's events. I also give my permission 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 physically fit for this event to be held on Saturday, May 19, 2007.