

SHEPHERD LAKE 5K



500 Point Event



Grand Prix

Shepherd Lake is located at 12 Morris Road in Ringwood, NJ. It is easily accessible from Routes 287, 17, and 208. For **DIRECTIONS** see our website at www.RingwoodEF.org

The **entrance road will be closed from 7:45 to 8:45** for the runners to safely navigate the course.

IT'S CLOSER THAN YOU THINK!

Thank you for your support.

16th Annual Shepherd Lake 5K

Sponsored by the
Ringwood Educational
Foundation, Inc.
at the
Ringwood State Park
Ringwood, NJ



- * Shepherd Lake 5K tech shirt
- * B-Tag Chip Timing
- * Scenic, Country Course
- * Raffles & Prizes

Saturday, May 7, 2016

***** NEW TIMES *****

Registration Begins	6:30 am
5K Run	8:00 am
1 Mile Walk	9:15 am
Kids Dashes	9:30 am
Race a Teacher Dash	9:40 am
1 Mile Kids Race	9:45 am

Rain or Shine
Award Ceremony Immediately Following

Registration:

By mail: P.O. Box 297, Ringwood, NJ 07456

Online (see registration links at):
<http://www.ringwoodef.org/5k.html>

Download application at:
<http://www.ringwoodef.org/5k.html>

For further information call Cathleen at 201-913-7860 or e-mail ShepherdLake5K@gmail.com

Info: Parking, Indoor Registration and Start & Finish line located at Shepherd Lake
Tech T-shirt guaranteed for all 5K pre-registered

Entry Fees:

5K Run\$25 (\$30 Race Day)
5K Run with USATF #\$22 (\$30 Race Day)

1 Mile (14 & under) Race or Kids Dashes.\$10/person
1 Mile Walk\$5/person

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 Tristate Timing and results will be posted on www.tristatetiming.com Event is sanctioned and course is certified by USATF.

Awards: 5K: 1st, 2nd & 3rd overall male and female. Top 3 finishers, male and female in each age category and in each team category.
1 Mile: Top 5 boys and girls

5K Age Groups: <11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80>

Kids Dashes Events Registration:

In addition to individual timing/scoring, we are introducing TEAM SCORING. Teams of 3 or more participants must pre-register using the same team name & must specify category of male, female or co-ed; finish times of the first 3 people of each team are totaled for a team score; coed teams are required to have a member from each gender scored; team members are also eligible for individual awards.

For runners under the age of 18 who register in groups of 7 or more (sports teams, scouts, etc.) there is a reduced fee of \$15 per person. You MUST preregister as a group.

To qualify for pre-registration, the application must be postmarked by 4/27/2016.

The Ringwood Educational Foundation, Inc. is a non-profit corporation dedicated to enhancing and enriching the quality of the educational programs in Ringwood's four public schools. Foundation grant monies help support current changes and trends in curriculum, teaching techniques and technology advancements. In the past fourteen years, REF, Inc. has raised over \$400,000.00 for the schools to fund special projects and grant requests from the teachers.

The Shepherd Lake 5K is held at the Ringwood State Park. Parking, registration, start and finish are at Shepherd Lake Recreation Area. The race begins in front of the 74-acre lake and continues through the parks into Skylands Manor Botanical Gardens. The race course goes past the manor house originally built in the 1920s. May is a wonderful time of year to take advantage of the spectacular elegance of the gardens and haven of the woods.

1 Mile Walk, 1 Mile Kids Race and

PLEASE COMPLETE ONE FORM FOR EACH PARTICIPANT

Timed 1 Mile Kids Race:

Name	
E-mail address	
Age on Race Day	Male/Female
School	Teacher

1 Mile Walk:

Name	
E-mail address	
Age on Race Day	Male/Female
School	Teacher

Kids Dashes:

Name	
E-mail address	
Age on Race Day	Male/Female
School	Teacher

I cannot attend, but would like to contribute. Enclosed please find my tax-deductible donation in the amount of \$_____.

Shepherd Lake 5K - 2016 Entry form

last name

first name		
street		
city	state	zip
e-mail		
date of birth	age on race day	
sex	'16 USATF #	
Team name (if applicable)	Category (m/f/co-ed)	

Check event below. No refunds, exchanges or transfers.

- ___ 5K Run\$25 (\$30 Race Day
 - ___ 5K Run with USATF #\$22 (\$30 Race Day
 - ___ 1 Mile (14 & under) Kids Race
 - or Kids Dashes\$10/person
 - ___ 1 Mile Walk.....\$5/person
- * Race a Teacher Dash is free and registration is not required.

Amount Enclosed \$ _____

Release: In consideration of your accepting this entry, I, intending to be legally bound for myself, my 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 and officers, and all other sponsors, charities 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 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 7, 2016.

Signature _____
(Signature of parent if under 18)