



4th Annual Packanack Day

5K Run • Lake Walk • Kid's Races

5K



Hosted by the Packanack Lake Athletic Association

Schedule

Friday, July 16 **5:00PM** Pre-Race Packet Pick Up & Complimentary Dinner!
Packanack Lake Clubhouse, 52 Lake Drive West, Wayne

Saturday, July 17 **7:00AM** Registration and Race Check-In begins

8:30AM Kids Races (ages 2-11, 25-100 yards)

9:00AM 5k Run

9:10AM 2 Mile Lake Walk



Registration

By mail or online at www.packanacksports.com or www.raceforum.com

Entry fees

Pre-Registration \$20 by 7/10/10 (Runners & Walkers)
Post Registration \$25 after 7/10/10 & on race day
Kid's Races \$10 by 7/10/10, \$15 after 7/10/10 & on race day

Course

Mostly flat around scenic Packanack Lake with one hill. Water stops on both sides of lake. Residential, primarily shaded and traffic controlled. USATF certified #NJ08506JHP. Kid's races will be held on Kilroy Field.

Awards

Top three overall and age groups, male and female.
Top Wayne residents, male and female.

Age Groups

14 & Under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Location

Packanack Lake, Wayne. Route 23 to Packanack Lake Road East. Bear right at fork onto Osborne Terrace. Parking/Registration at Kilroy Field.

Info

www.packanacklake.com or Event phone **201-906-1749**

Amenities

Refreshments, DJ, Local Business Giveaways, Face Painting, & Awards. T-shirts guaranteed to all pre-registered participants. All others while supplies last.

Make checks payable to PLAA — Send to: Packanack Day 5k, PO Box 1461, Wayne NJ 07474-1461

Name _____ Male _____ Female _____

Address _____

City/State/Zip Code _____

Age (Day of Race) _____ Date of Birth _____ Shirt Size **S M L XL** Youth Size **S M L XL**

Phone # _____ 5k Walk Kid's Race

Email _____

Waiver/Release: In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the officials and sponsors of this Run for injury or illness which may directly or indirectly result from my participation. I am in proper condition to participate. I further give rights of reproduction for publicity use all photos taken of me at this event.

Participant/Parent/Guardian (must be over 18 to sign)

Date