

Shepherd Lake 5K



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.

22nd Annual Shepherd Lake 5K

Sponsored by the
**Ringwood Educational
Foundation, Inc.**

at the
Ringwood State Park
Ringwood, NJ



- Shepherd Lake 5K Tech Shirt
- Chip Timing
- Scenic, Country Course
- Trophies for Top Finishers

Saturday, May 04, 2024

***** **SCHEDULE** *****

Registration Begins	7:00 a.m.
5K Run	8:00 a.m.
1-Mile Kids Race	9:30 a.m.

Rain or Shine
Award Ceremony Immediately Following

Registration:

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

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

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

For further information call Kasey at 973-495-6391 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.....	\$30 (\$32 race day)
5K Run with USATF#.....	\$27 (\$30 race day)
1 Mile (14 & under).....	\$10/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.runsignup.com. Event is sanctioned and course is certified by USATF.

Awards: 5K: 1st place overall male and female. Top 3 finishers, male and female in each age category. Teams 1st place for M/F/Co-ed.
1 Mile: Top 3 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>

5K RACE DAY TEAMS

In addition to individual 5K awards, we have 5K RACE DAY TEAM awards. Teams of 3 or more participants must pre-register using the same 5K team name & must specify category of male, female or co-ed. Finish times of the first 3 people on each team are totaled for a team score. Co-ed teams are required to have a member from each gender scored. (Race Day Team runners are also still eligible for individual awards.)

YOUTH GROUP RATE

For runners ages 14 and under who register for the 5K in groups of 7 or more (sports teams, scouts, etc.) there is a reduced fee of \$18 per person. You **MUST preregister as a group** using this form (not online).

Indicate Your Youth Group's Name Above

To qualify for pre-registration, the application must be postmarked by 04/27/2024.

The Ringwood Educational Foundation, Inc. is a non-profit corporation dedicated to enhancing and enriching the educational experience of Ringwood's public school students. In the past 20 years, REF, Inc. has raised over \$550,000.00 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 & finish are at Shepherd Lake Recreation Area. Starting in front of the 74-acre lake, the race continues through the parks into Skylands Manor Botanical Gardens. The 5K 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 grounds.

Please Complete One Form for Each Participant

1-Mile Kids Race Registration

Full Name

E-mail Address

Age on Race Day

Male/Female

School

Teacher

Check Event Below.

No refunds, exchanges or transfers.

___ 1-Mile Kids Race (14 & under)...\$10/person

* Race-a-Teacher is free and registration is not required.

Amount Enclosed \$ _____

Be sure to sign release to the right.

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

\$ _____

Circle Shirt Size for 5K Race (Race form must be received by 4/15 to be guaranteed a shirt!):

Youth L
Adult S M L XL

5K Registration Form - 2024

Full Name

E-mail Address

'23 USATF # (if applicable)

Street Address

Zip Code

School Name (if a student)

Teacher's Name

Date of Birth

Age on Race Day

Male/Female

5K Race Day Team (if applicable) Category (m/f/co-ed)

Be sure to indicate shirt size in the box below/left.
No refunds, exchanges or transfers.

___ 5K Run.....\$30 (\$32 Race Day)

___ 5K Run w/ USATF #...\$27 (\$30 Race Day)

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 09, 2020.

Signature _____

(Signature of parent if under 18)