

4 MILE RUN • 1.5 MILE TRAIL WALK • KIDS DASH

# Saturday, October 6

Woodland Park, NJ • 9:00 AM • Online Registration

7<sup>th</sup> Annual



THE **4 MILER** AT  
**GARRET MOUNTAIN**

**CUSTOM TECH  
SHIRTS**

**USATF 500 POINT  
GRAND PRIX EVENT**

**SCORING BY  
BESTRACE.COM**

**REFRESHMENTS**

**OVERALL AND AGE  
GROUP AWARDS**

**All proceeds benefit St. Joseph's Children's Hospital**



Presented by:

**SAX**

Accounting  
Tax | Advisory

**7:45 am: REGISTRATION**

*Garret Mountain Reservation*

**9:00 am: 4 MILE RUN**

*USATF Certified run on scenic,  
hilly and flat paved roads*

**9:10 am: 1.5 MILE TRAIL WALK**

*On wooded interior  
park pathways*

**10:15 am: KIDS' DASHES**

**Register online at [www.raceforum.com/GARRET](http://www.raceforum.com/GARRET)**

**For more information, visit [oymp.net](http://oymp.net) or call (910) 686-0026**