

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