

RUN FOR THE WOODS is a 5K cross country fun run/walk to benefit the Frank G. Helyar Woods and the Rutgers University Ecology & Evolution Graduate Student Association. The run will include sections on both dirt and grass surfaces and is routed through Helyar Woods and the Rutgers Gardens. Helyar Woods is a 41 acre woodland adjacent to the Rutgers Gardens, the 50 acre botanical garden of the University.

Parking is available, but carpooling is encouraged.

Prizes will be awarded for the top 3 finishers in each division. Race divisions are classified by sex and age group (under 25, 25-45, over 45). Non-competitive runners and walkers are warmly encouraged to attend.

All runners will receive their choice of a Run For The Woods polycarbonate water bottle or t-shirt.

Accommodations: Water stop(s) and post-race refreshments will be provided. Indoor bathrooms and shelter provided.

Registration available online at:
<http://ecogsa.rutgers.edu/>



Directions:

- Take NJ Turnpike to Exit 9. After toll, take Route 18 North to Route 1 South (Princeton/Trenton).
-On Route 1, you will immediately come upon 2 Ryders Lane exits. Take the second exit (East Brunswick/Milltown).
-Once on Ryders Lane, bear left and take your first left. This is the Rutgers Gardens entrance.
- From Route 287, take Exit 10 (Easton Avenue), and follow Easton Avenue to Landing Lane, to Route 18 South, to Route 1 South.
- From Route 1 North (coming from Princeton/Trenton area), take first Ryders Lane exit (East Brunswick/Milltown).

Special thanks to our sponsors:



Saturday October 17

**Helyar Woods & Rutgers Gardens
112 Ryders Lane
New Brunswick, New Jersey
Onsite Registration begins at 8:00am
RACE BEGINS AT 9:00AM**

