



10K=700 PTS.
5K=500 PTS.



AWARDS

**USATF-NJ MASTERS WOMEN'S CHAMPIONSHIP 10K
MALE/FEMALE**

OPEN: 1st 250, 2nd 175, 3rd \$100
MASTERS (Age Graded): 1st \$300, 2nd \$200, 3rd \$100
4th thru 10th paid by age-graded percentage converted to dollars
Women's Masters 10K prize money restricted to USATF-NJ members

**RRCA STATE CHAMPIONSHIP 5K
MALE/FEMALE**

OPEN: 1st \$200, 2nd \$150, 3rd \$75
MASTERS (Age Graded): 1st 150, 2nd \$100, 3rd \$75

**THE MILE – MALE/FEMALE
OPEN & MASTERS: 1st \$150, 2nd \$100, 3rd \$75**

Breaking Age Group Record: \$50 • Breaking Course Record: \$500 • DUPLICATES ALLOWED

- **PARK AVE BMW AWARD:** Engraved trophy will be kept in the PARK AVE BMW showroom for the overall winners of the 5k & 10k.
- **ROAD RUNNER AWARD:** Free pair of sneakers from Road Runner Sports to the first North Jersey Masters finishers, male & female, in the 5K & 10K.
- **ARNE OLSEN AWARD:** \$50 gift certificate from the Ridgewood Running Company to the first Ridgewood resident finishers, male & female, in the 5K & 10K.
- **TROPHIES** and New Balance North Jersey Gift Certificates to the top three finishers in each 5 year age group bracket in the 5K & 10K (80+).
- **IMMEDIATE-FAMILY 5K Team** awards to the top 5 families with the 3 fastest times scored for each team. Register on race day up to 30 minutes before the race.

DIRECTIONS TO RACE SITE

- BY CAR:** Rt. 208 to Maple Ave exit. North 2 miles to race, or
- Rt. 17S to Sheridan Ave exit. South on Sheridan Ave to N. Maple Ave to race, or
 - Rt. 17N to E. Ridgewood Ave. exit. West approx. 2 miles, Right on N. Maple Ave to race.
- BY PUBLIC TRANSPORTATION:** Bus #175 from GW Bridge bus station, or
- NJ Transit Bus #163 or #164 from Port Authority, or
 - Train: NJ Transit Main Line or Bergen County Line.

Runners arriving for the 5K be prepared for alternate route. Portions of the road are closed during the 10K.

RIDGEWOOD YMCA FUN RUN

BIB # (office use only) _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

EMAIL _____

(to receive link to your race photos.)

Official Medals to all REGISTERED FINISHERS of the Ridgewood YMCA Fun Run



Child's Name	Age	YOUTH T-SHIRT	
		With	Without
_____	_____	\$15	\$5
_____	_____	\$15	\$5
_____	_____	\$15	\$5
_____	_____	\$15	\$5

Total _____

All registrations are non-transferable and non-refundable.

WAIVER: In consideration of the acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release the North Jersey Masters Track & Field Club (referred to as "NJM"), the NJM Board, Officers and Members, Road Runners Club of America, USA Track & Field-New Jersey, Village of Ridgewood, Ridgewood Police Department, Ridgewood YMCA, Park Ave BMW, Horizon Blue Cross Blue Shield of New Jersey and all sponsors or their representatives from present and future claims and liabilities arising out of my participation in this event or related activities. I agree to abide by any decision of an event official relative to my ability to safely complete the event. Further, I confirm that I am physically able to participate in this event, and grant the right to use my likeness in any photographic record of the Ridgewood Run or Ridgewood YMCA Fun Run.

Signature or Signature of parent _____ Date _____

FRED D'ELIA RIDGEWOOD RUN

BIB # (office use only) _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

EMAIL _____

(to receive link to your race photos.)

Race Day Age _____ Date of Birth _____ Sex _____

2010 USATF NJ # (Required for Grand Prix Points) _____

Event (Please circle)	With USATF#	Without	Due
5K Race	\$23	\$25	_____
10K Race	\$23	\$25	_____
Both 5K & 10K Races	\$33	\$35	_____

Elite Mile Qualifying Times: Male 4:40 Female 5:40
Your 2009/2010 PR: _____ \$15 _____

Masters Mile Qualifying Times: Male 5:30 Female 6:30
Your 2009/2010 PR: _____ \$15 _____

FAMILY DISCOUNT: \$3 off per person, for 3 or more family members when registering only for the 5K or 10K at the YMCA in Ridgewood

Shirt Size S M L XL XXL **Total** _____

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Signature or Signature of parent _____ Date _____

NO RACEDAY REGISTRATION FOR 5K/10K

OUR GENEROUS SPONSORS



CONTRIBUTORS

A&P • Bagelicious • Ben & Jerry's
Bergen Health & Life • Biagio's Ristorante
Burger King • Camp Bow Wow
Gatorade • North Jersey Media Group
Fairway Market • Stop & Shop • Trader Joe's
The Residence Inn, Saddle River
Van Dyk Health Care
Westside Bagels • Wide World of Bagels



Veterans Memorial Field, Ridgewood, NJ
www.ridgewoodrun.com • (973) 333-4837

**USATF-NJ MASTERS WOMEN'S
CHAMPIONSHIP 10K**

RRCA STATE CHAMPIONSHIP 5K

SPONSORED BY



ORGANIZED BY



REGISTRATION – 3 WAYS

1 ⇨ REGISTER ONLINE

Feb 1st to May 27th at
www.raceforum.com/ridgewood

NO EXTRA FEES

2 ⇨ REGISTER IN-PERSON

April 1st to May 27th at
Ridgewood Running Co, 39 E Ridgewood Ave, Ridgewood
Ridgewood YMCA, 112 Oak Street, Ridgewood
Road Runner Sports, 65 Route 4 West, Paramus

Avoid race-day check-in
Pick-up bib, tag and shirt on these dates only:

**Road Runner Sports
Saturday, May 29th, 4 - 7pm**

**Ridgewood YMCA
Sunday, May 30th, 2 - 4pm**

3 ⇨ REGISTER BY MAIL

Mail entry and check payable to
North Jersey Masters
P.O. Box 56, Ridgewood, NJ 07451

EVENT SCHEDULE

Kessler Foundation Wheelchair 10K 8:40

10K 8:45 • 5K 10:15

Women's Mile 11:15 • Men's Mile 11:40

Ridgewood YMCA Fun Run (Mile) 12:00

Wheelchair and 10K athletes in corrals by 8:35!

AMENITIES INCLUDE

T-shirt • Refreshments

D-tag Scoring • Baggage Check

DJ • Massage Tent

Race Day Photos:

www.backprint.com/kenshelton

Special rate for out-of-town runners at
The Residence Inn, Saddle River.
Call 201-934-4144 for reservations.
Ask for Ridgewood Run rate by April 30th.

**No earphones, bikes, roller blades, dogs
or baby strollers allowed in 5K or 10K.**