

AWARDS

Prize Money

5K/10K/Mile, Open, Male/Female:

1st \$350, 2nd \$175, 3rd \$100

5K/10K/Mile, Masters (40+), Male/Female:

1st \$300, 2nd \$150, 3rd \$100

Breaking Age Group Record: \$50

Breaking Course Record: \$500

Awards to the top 3 finishers in each 5 year age bracket in the 5K/10K (85+)

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 min before the race at Veteran's Field.

RESULTS & RACE DAY PHOTOS

Timing provided by CompuScore

www.ridgewoodrun.com

IMPORTANT INFORMATION

Runners arriving late for the 5K should choose an alternate route – portions of Ridgewood Avenue are closed during the 10K race.

LOCAL PARKING

- Ridgewood YMCA, 112 Oak St.
- Ridgewood Municipal Parking along Franklin Ave.
- Parking in King's Shopping Center is **PROHIBITED**

OUT OF TOWN RUNNERS

Special rate at:

Residence Inn
Saddle River, NJ
201.934.4144

Kindly reserve by April 30



42ND ANNUAL FRED D'ELIA RIDGEWOOD RUN

**Memorial Day
Monday, May 29, 2017**

Veteran's Memorial Field
Ridgewood, NJ

All Ages, All Abilities, All Welcome!



Photo by Ken Shelton

Ridgewood Run Anemities – Better than EVER!

High-Tech Performance Shirt • B-Tag Scoring

Awards to Overall Winners

Secure Baggage Check

Ice-Cold Refreshments

Total Prize Money over \$7,050

2017 Fred D'Elia Ridgewood Run

YMCA FUN RUN

Co-Sponsored by Columbia Bank

Entry fee \$15 per registrant

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email (to receive link to your race photos) _____

**Official Medals to all
REGISTERED FINISHERS of the
RIDGEWOOD YMCA FUN RUN**

Co-Sponsor by Columbia Bank



Child's Name _____

Age _____

Youth T-Shirt

Please indicate size:
YS, YM, YL, YXL

TOTAL _____

All registrations are non-transferable/non-refundable.

WAIVER: In consideration of 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, Team Incorporated d/b/a Barwick Group, Road Runners Club of America, USA Track & Field-New Jersey, Village of Ridgewood, Ridgewood Police Department, Ridgewood YMCA, Park Ave BMW, 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 of Parent _____

Date _____

2017 Fred D'Elia Ridgewood Run

5K/10K/1 MILE

(NO STROLLERS, NO DOGS)

RACE SHIRTS TO THE FIRST 2,500 REGISTRANTS

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email (to receive link to your race photos) _____

Age (on Race Day) _____

DOB _____

Sex _____

2017 USATF-NJ # _____

Event	With USATF-NJ #	Without USATF-NJ #	Due
5K	\$27	\$30	_____
10K	\$27	\$30	_____
Optional SONJ Donation \$3			_____

Open Mile Qualifying Times: Male 4:40 Female 5:40

Your 2016 PR _____ \$20 _____

Masters Mile Qualifying Times: Male 5:30 Female 6:30

Your 2016 PR _____ \$20 _____

Any Two Events (Please Circle)

5K 10K Mile \$50 _____

Immediate Family Discount

- \$3 Discount per 5K/10K entry for 3 family members
- Maximum immediate-family entry fee: \$100

TOTAL _____

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Signature (of Guardian if under 18) _____

Date _____

DATE & LOCATION • RAIN OR SHINE

Memorial Day • May 29, 2017
Veteran's Memorial Field • Ridgewood, NJ

SCHEDULE

Wheelchair 10K	8:15 am
10K	8:20 am
5K	10:15 am
Women's Mile	11:15 am
Men's Mile	11:40 am
Ridgewood YMCA Fun Run (Mile)	Noon
Co-Sponsored by Columbia Bank	

REGISTRATION

Online by May 24
www.ridgewoodrun.com

By Mail by May 19 with check to:
Ridgewood Run - 576 Valley Rd • Box #253
Wayne, NJ 07470

In Person until May 22
Ridgewood YMCA
112 Oak Street, Ridgewood, NJ 07450

Packet Pickup May 26 & May 27 at
Road Runner Sports
65 E Route 4W, Paramus, NJ 07652

AND May 28 at
Ridgewood YMCA
112 Oak Street, Ridgewood, NJ 07450

FOR MORE INFORMATION

For race weekend registration and packet pick-up instructions please visit www.ridgewoodrun.com

QUESTIONS?

Contact us at info@ridgewoodrun.com or 201.540.9701



42ND ANNUAL FRED D'ELIA RIDGEWOOD RUN

Brought to you by the North Jersey Masters

All Ages, All Abilities, All Welcome!

North Jersey Masters Track and Field Club (NJM), founded in 1976, is a running club dedicated to the improvement of both recreational and competitive runners of all ages.

NJM provides weekly workouts with professional coaching in the spring, summer and fall, in a supportive and friendly club environment.

Join us! www.njmasters.com



Special Olympics
New Jersey

North Jersey Masters is a proud supporter of SONJ



RIDGEWOOD RUN

Memorial Day
Monday, May 29, 2017
Veteran's Memorial Field
Ridgewood, NJ

THANK YOU
TO OUR SPONSORS:



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Photo by Ken Shelton

