

DATE & LOCATION • RAIN OR SHINE

Memorial Day • May 30, 2016
Veterans 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

REGISTRATION

Online by May 25
www.ridgewoodrun.com

By Mail by May 20 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
OR Road Runner Sports
65 E Route 4W, Paramus, NJ 07652

Packet Pickup May 27 & 28 at
Road Runner Sports
65 E Route 4W, Paramus, NJ 07652

AND May 29 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
973.333.4837.



Photo by Ken Shelton



**Brought to you by
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.**

THE 41ST ANNUAL FRED D'ELIA
**RIDGEWOOD
RUN
2016**



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North Jersey
**2016
Grand Prix**



**USATF™
NEW JERSEY**
500 Point Event

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

Medals 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 minutes before the race at Veteran's Field.

RESULTS

www.ridgewoodrun.com

RACE DAY PHOTOS

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 parking lot is PROHIBITED

OUT OF TOWN RUNNERS

Special rate at The Residence Inn, Saddle River 201.934.4144 by April 30

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Ridgewood Run Amenities – Better than Ever!

High-Tech
Performance T-Shirt

B-Tag Scoring

Trophies to Overall Winners

Secure Baggage Check

Ice-Cold Refreshments

Massage Tent

Total Prize Money over \$7,000

2016 Fred D'Elia Ridgewood Run YMCA FUN RUN 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



Youth T-Shirt

Please indicate size:
YS, YM, YL, YXL

Child's Name _____

Age _____

TOTAL _____

All registrations are non-transferable/non refundable even in the case of event cancellation.

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 _____

2016 Fred D'Elia Ridgewood Run 5K/10K/1 MILE (NO STROLLERS, NO DOGS)

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email (To receive link to your race photos) _____

Race Day Age _____

DOB _____

Sex _____

2016 USATF-NJ # _____

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

Open Mile Qualifying Times: Male 4:40 Female 5:40
Your 2014/2015 PR _____ \$20 _____

Masters Mile Qualifying Times: Male 5:30 Female 6:30
Your 2014/2015 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 _____

Date _____