



The 36th Annual Fred D'elia RIDGEWOOD RUN

Memorial Day • Monday, May 30, 2011
Veterans Memorial Field, Ridgewood NJ



Wheelchair 10K 8:40 AM
10K 8:45 AM
5K 10:15 AM
High School Mile 11:15 AM
Women's Mile 11:30 AM
Men's Mile 11:45 AM
Ridgewood YMCA Fun Run 12:00 PM

Organized By: North Jersey Masters Track & Field Club

RACE HOTLINE: 973-333-4837 • WEBSITE: www.ridgewoodrun.com



REGISTER ONLINE – NO EXTRA FEES at
www.raceforum.com/ridgewood



10K REGIONAL CHAMPIONSHIP
5K STATE CHAMPIONSHIP

NO RACE DAY 5K/10K REGISTRATION

In-Person Registration begins April 1st at:

- Ridgewood Running Co., 39 E Ridgewood Ave, Ridgewood
- Ridgewood YMCA, 112 Oak Street, Ridgewood
- Road Runner Sports, 65 Route 4 West, Paramus

Race Weekend Packet Pick-up at Road Runner Sports
& Ridgewood YMCA: See website for details

Race Day Photos: www.backprint.com/kensheltan



TOTAL PRIZE MONEY \$5600+
Age group awards to 80+

Please print clearly and fill out completely. Cut along dotted line above and mail entry to:
NORTH JERSEY MASTERS, 348 South Irving Street, Ridgewood, NJ 07451

NAME _____ MALE FEMALE EMAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

RACE DAY AGE _____ DATE OF BIRTH _____ 2011 USATF NJ # _____ PHONE _____

Event (Please Check all that apply)	With 2011 USATF-NJ#	Without USATF-NJ#	Amount Due
5K Race	<input type="checkbox"/> \$23.00	<input type="checkbox"/> \$25.00	_____
10K Race	<input type="checkbox"/> \$23.00	<input type="checkbox"/> \$25.00	_____
Both 5K & 10K Races	<input type="checkbox"/> \$33.00	<input type="checkbox"/> \$35.00	_____

Elite or Masters Mile: Qualifying times Open Men 4:40, Masters Men 5:30, Open Women 5:40, Masters Women 6:30

NEW! High School Mile: A competitive race for high school track athletes and middle school track athletes aged 13+, provided they are competitive. Less competitive runners should enter the Fun Run. Awards to top 3 boys and girls.

(Questions? email mile@njmasters.com) Mile seed time _____ School/Club _____ \$15.00 _____

the Y Fun Run/Walk With Youth Shirt \$15.00 Without Shirt \$5.00 _____

Total Due _____

Wheelchair 10K athletes contact Angela Smith at The Kessler Foundation: 973-324-8448

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, its Board 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 from present and future claims and liabilities arising out of my participation in this event. 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 (if applicant is under 18) **X** _____ DATE _____