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



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
City	Sidle Zip
Phone	Email (to receive link to your race photos)
Phone	Email (to receive link to your race photos)

Offical Medals to all REGISTERED FINISHERS of the RIDGEWOOD YMCA FUN RUN

Age

Co-Sponsord by Columbia Bank

Child's Name

Youth T-Shirt Please indicate size: YS, YM, YL, YXL

Date

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 activites. 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

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 you	ur race photos)	
Age (on Race	Day) DOB		Sex	
2017 USATF-t	VJ # With USATF-NJ #	Without USATF-NJ #	Due	
5K	\$27	\$30	Due	
10K	\$27	\$30		
Optional SONJ Donation \$3				
	Qualifying Tim	nes: Male 4:40 F	-emale 5:40 	
Masters M Your 2016		imes: Male 5:30 \$20	Female 6:30	
Any Two E 5K 10K	vents (Please (Mile	Circle) \$50		
• \$3 Dis		nt 0K entry for 3 fa e-family entry fe	,	

TOTAL

All registrations are non-transferable/non-refundable.

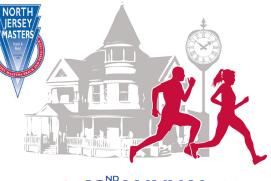
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DATE & LOCATION • RAIN OR SHINE

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	



42[™]ANNUAL FRED D'ELIA RIDGEWOOD RUN

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

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





RIDGEWOOD RUN

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

THANK YOU TO OUR SPONSORS:











NORTH MASTERS



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

All Ages, All Abilities, All Welcome!



Photo by Ken Shelton



Grand Prix



700 Point Event