

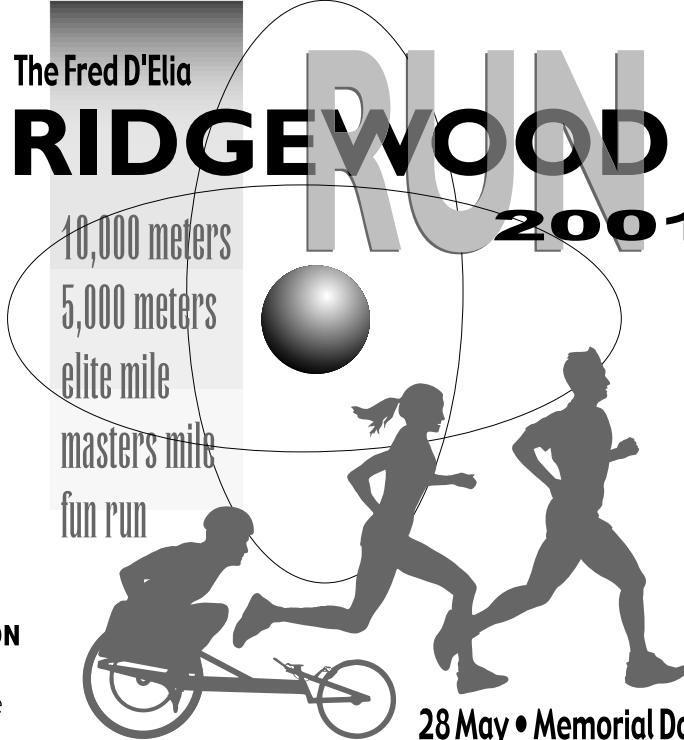


The Fred D'Elia

RIDGEWOOD

2001

10,000 meters
5,000 meters
elite mile
masters mile
fun run



28 May • Memorial Day



RACE HOT LINE
201 447-9750

WEBSITE
www.NJMasters.com

Registration Opens 7:15 am
10K 8:45 am
5K 10:15 am
Masters Mile 11:15 am
Elite Mile 11:40 am
Fun Run 12 noon

NO BABY STROLLERS, DOGS,
ROLLER BLADES OR BIKES
ALLOWED IN THE 5K OR 10K

DIRECTIONS

- Rt. 17 North to Ridgewood Ave exit. Head west approx. 2 miles, then right at North Maple Ave to race site.
- Rt. 17 South to Sheridan Ave exit, to North Maple Ave. Turn right travel - 2 miles to race site.
- Rt. 208 North or South to Maple Ave exit. North 2 miles to race site!

10K - 700 pts.
5K - 500 pts.

...held in conjunction
with the Ridgewood Run -

**The First Annual
HENRY H. KESSLER FOUNDATION
WHEELCHAIR 10K!**

Contact Angela Smith for more
information! 973 243-6844

USATF-NJ MASTERS 10K CHAMPIONSHIP

APPLICATION - Please print clearly!

✂ Mail check payable to NORTH JERSEY MASTERS with this entry to: NJM, Box 56, Ridgewood, NJ 07451

First Name _____ Last Name _____

Address _____ State Zip Code

Race Day Age Date of birth Sex M F 2001 USATF-NJ #

Phone Day Evening Team Name (If Applicable) _____

**There will be no race day registration for the 10K, Elite Mile or Masters Mile.
Race day post registration for the 5K or Henry H. Kessler Wheelchair 10K is \$20**

To compete in the HENRY H. KESSLER FOUNDATION WHEELCHAIR 10K, enter the 10K race below and check the Wheelchair Competitor box. (Same for 5K) Wheelchair races will start 5 minutes prior to start of runners' events of the same distance.

Event - Please Check all that apply	Wheelchair Competitor?	With 2001 USATF-NJ #	Without USATF-NJ #
5K Race	<input type="checkbox"/>	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$17.00
10K Race	<input type="checkbox"/>	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$17.00
Both 5K & 10K Races	<input type="checkbox"/>	<input type="checkbox"/> \$23.00	<input type="checkbox"/> \$25.00
Wheelchair Mile		n/a	<input type="checkbox"/> \$15.00
Elite Mile (Seed Time Required)		Qualifying Times: Male 4:30 Female 5:30	
• Your 2000 PR: _____		n/a	<input type="checkbox"/> \$15.00
Masters Mile (Seed Time Required)		Qualifying Times: Male 5:00 Female 6:00	
• Your 2000 PR: _____		n/a	<input type="checkbox"/> \$15.00
Adult T-Shirt Size:	<input type="checkbox"/> Medium	<input type="checkbox"/> Large	<input type="checkbox"/> X-Large
Fun Run - Please select Youth T-Shirt Size	<input type="checkbox"/> No shirt \$5.00	<input type="checkbox"/> Med. \$13.00	<input type="checkbox"/> Large \$13.00

Do you own your own ChampionChip®? If so, fill in the number here, otherwise we will issue you a chip on race day. -

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the NJM, USATF-NJ, village of Ridgewood, Ridgewood Police Department, Department of Parks and Recreation and any and all sponsors or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am trained and in good physical condition for this event.

Signature / Signature of parent if under 18 **X** _____