

APPLICATION
The Third Annual
HHK Wheelchair 10K

Please print clearly! Mail check payable to THE HENRY H. KESSLER FOUNDATION with this entry to: THE HENRY H. KESSLER FOUNDATION WHEELCHAIR 10K, 1199 Pleasant Valley Way, West Orange, NJ 07052, Attn: Angela Smith, Race Director.

FIRST NAME _____ LAST NAME _____

STREET _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____

Race Day Age Date of Birth //

Sex ^F ^M

Phone -- Day Evening

Check off Race Division (See Reverse)

Quad Men Men's Open Masters Male Junior

Quad Women Women's Open Female Junior

There will be no race day registration!

Event (Please Check all that apply)	Start Time	Amount Due
HHK Wheelchair 10K Race	8:40 am	<input type="checkbox"/> \$18.00
HHK Wheelchair 5K Race	10:10 am	<input type="checkbox"/> \$18.00
Both 5K & 10K Races		<input type="checkbox"/> \$30.00

HHK Wheelchair 10K Race 8:40 am \$18.00

HHK Wheelchair 5K Race 10:10 am \$18.00

Both 5K & 10K Races \$30.00

Adult T-Shirt Size: Medium Large X-Large

TOTAL DUE _____

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the Henry H. Kessler Foundation 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 or Signature of parent (if applicant is under 18)



THE HENRY H. KESSLER FOUNDATION
WHEELCHAIR 10K
 1199 Pleasant Valley Way
 West Orange, NJ 07052

*Held in conjunction with the HHK Wheelchair 10K
 The 28th Annual RIDGEWOOD RUN 5K • 10K • MILE
 Call the Hotline for info: 201-447-9750 or visit www.njmasters.com*

First Class Mail
 U.S. Postage
 PAID
 Permit #205
 Ridgewood, NJ
 07450

THE HENRY H. KESSLER FOUNDATION
 Proudly presents
**THE THIRD ANNUAL
 HHK WHEELCHAIR 10K**



Monday
May 26, 2003
Memorial Day

**Commemorative T-Shirts for
 all Entrants!**

WEBSITE: www.HHKFDN.org
HHK HOTLINE (973) 243-6844



EVENT SCHEDULE

HHK Wheelchair 10K 8:40 am*
 HHK Wheelchair 5K 10:10 am*

Runner's events start 5 minutes after the start of the HHK Wheelchair 10K and HHK 5K Wheelchair

**NO HANDCYCLES WILL BE PERMITTED
 IN THE HHK WHEELCHAIAR 10K OR 5K**

REGISTER EARLY! *There will be no race day registration!*

IN PERSON:

at the **RIDGEWOOD RUNNING COMPANY**

39 E. Ridgewood Ave., Ridgewood, NJ 07451, (201) 670-1828.

at the **RIDGEWOOD YMCA-YWCA**

112 Oak St., Ridgewood, NJ 07451.

BY MAIL: send completed entry & check to:

THE HENRY H. KESSLER FOUNDATION WHEELCHAIR 10K.

1199 Pleasant Valley Way, West Orange, NJ 07052

DOWNLOAD A PRINTABLE APPLICATION from www.compucore.com.

RACE NUMBERS: you may pick up your number and t-shirt at the Pasta Party & Expo (see below) or on race day. If you lose or forget your race number, a replacement fee of \$3 will be charged and donated to charity.

PASTA PARTY & EXPO: Sunday, May 25th at 5 pm, at the **RIDGEWOOD YMCA-YWCA**, 112 Oak St., Ridgewood, NJ 07451. Pasta dinner \$5 per person—tickets available at the door.

HOTEL INFO Our host hotel is the Residence Inn in Saddle River, NJ. A special group rate of \$99 per night, single or double occupancy is available through May 5, 2003. Call (201) 934-4144 and ask for The Henry H. Kessler Foundation rate.

DIRECTIONS to Race Site:

- Route 17 North to Ridgewood Ave. exit. Head west approximately 2 miles to race site.
- Route 17 South to Sheridan Ave. exit to North Maple Ave. Turn right—2 miles to race site.
- If you need direction from out of state, please call Angela Smith at (973) 243-6844.

RACE DAY EVENTS!

- **PARK AVE BMW MOUNTAIN BIKE DRAWING!**
Register at the Park Ave BMW tent, must be 18 or older. Drawing at tent, time to be announced.
 - Kids on the Run obstacle course on site! (\$1 donation for the Ridgwood Fire Dept.)
 - New Balance North Jersey merchandise raffle!
 - Ridgewood Running Company Prize Raffle!

CASH AWARDS FOR HHK WHEELCHAIR 10K

(Please check appropriate box on reverse)

	Open		Quad	
	Men	Women	Men	Women
1st	\$1500	\$1500	\$1000	\$500
2nd	\$ 750		\$ 500	
3rd	\$ 500		\$ 250	

	Juniors*		Masters**
	Male	Female	
1st	\$ 500	\$ 300	\$1000
2nd	\$ 250		\$ 500
3rd	\$ 100		\$ 250

* Juniors must be under 18 years of age the day of the race
 ** Masters must be 40 years of age or older on the day of the race.



Unclaimed prize money becomes the property of The Henry H. Kessler Foundation.

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SILVER SPONSORS:



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The RIDGEWOOD NEWS

