



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



**RACE HOT LINE**  
201 447-9750

**WEBSITE**  
www.NJMasters.com

**REGISTER ONLINE**  
www.Coolrunning.com

**NO DOGS, BIKES, ROLLER BLADES or BABY STROLLERS WILL BE ALLOWED IN THE 5K OR 10K!**

## USATF-NJ Open Mens 10K Championship

### DIRECTIONS

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

...And held in conjunction with the Ridgewood Run, **The Third Annual HENRY H. KESSLER FOUNDATION WHEELCHAIR 10K!**

Contact Angela Smith for more information; 973 243-6844

### 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 2003 USATF-NJ #

Phone         Day  Evening  Team Name (If Applicable) \_\_\_\_\_

(Required for Grand Prix Points)

**There will be no race day registration for the 10K, Elite Mile or Master's Mile!**

Event - Please Check all that apply	Wheelchair Competitor?	With 2003 USATF-NJ #	Without USATF-NJ #
5K Race	<input type="checkbox"/>	<input type="checkbox"/> \$16.00	<input type="checkbox"/> \$18.00
10K Race	<input type="checkbox"/>	<input type="checkbox"/> \$16.00	<input type="checkbox"/> \$18.00
Both 5K & 10K Races	<input type="checkbox"/>	<input type="checkbox"/> \$27.00	<input type="checkbox"/> \$30.00
Wheelchair Mile		n/a	<input type="checkbox"/> \$15.00
Elite Mile (Seed Time Required)			<input type="checkbox"/> \$15.00
• Your 2002 PR: _____	Qualifying Times: Male 4:30 Female 5:30	Time incentive bonus!	
Masters Mile (Seed Time Required)	Qualifying Times: Male 5:00 Female 6:00	Age grading in effect & time incentive bonus!	
• Your 2002 PR: _____		n/a	<input type="checkbox"/> \$15.00
<b>RACE DAY POST REGISTRATION - 5K ONLY!</b> <input type="checkbox"/>		<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$25.00
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

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** \_\_\_\_\_