

ASHENFELTER 8K CLASSIC

DISTANCES:

8K (4.97 miles) plus
1 Mile "Ridger Romp"

COURSE:

The Course is a USATF Certified "relatively flat" road course with two water stops through historic Glen Ridge.

WHEN:

Thanksgiving Day
Thursday, November 27th, 2003.

START & FINISH:

At The Glen Ridge Womens' Club (Just 400 feet south of Bloomfield Avenue, on the left.)

TIME:

8K Race begins at 9:00 A.M. sharp.
Ridger Romp begins at 8:30 A.M. sharp.

PACKET/CHIP

PICK-UP: 7:30 - 8:45 A.M.

REGISTRATION - 8K Pre-Registration: \$17.00, or \$15.00 for USATF-NJ members (must be postmarked by 11/19/2003).

8K Race Day Registration: \$20.00.

Ridger Romp 1 Mile Fun Run: \$5.00

Make checks payable to:
Glen Ridge Athletics and mail along with the signed registration form to:

8K Classic
52 Ridgewood Avenue
Glen Ridge, N.J. 07028-1015

EARLY RACE REGISTRATION: From Saturday, November 22nd through Wednesday, November 26th, you can register at Fleet Feet Sports, 603 Bloomfield Ave, Montclair, NJ (973)509-9707 by 11/26/03 and still receive the pre-registration discount!

RACE PACKET PICK-UP: Race Day Registration and Pre-Registered Race Packet Pick-up will be at the Glen Ridge Womens' Club, 219 Ridgewood Avenue (Just 400 feet south of Bloomfield Ave., on the left).

ONLINE REGISTRATION:

Register online at www.active.com

QUESTIONS:

Contact Dan Murphy at (973)748-0093 or E-mail: dtmurphy@dtmurphy.com.

WEBSITE:

www.ashenfelterclassic.com

AWARDS

• Commemorative Embroidered Long Sleeve CoolMax Running Shirts will be awarded to the first place finishers (male & female) in the each of the following divisions: overall, wheelchair, 14 and under, 15-19, 20-29, 30-39, 40-44, etc., through all master's divisions.

• All Ridger Romp participants will receive Ribbons.

• Family Team Competition: For registration details call the race hotline (973) 748-0093 or E-mail Dan Murphy at [dtmurphy.com](mailto:dtmurphy@dtmurphy.com).

• Ceramic Cups to the first 100 8K male & female finishers.

• Prize Money - 2003 USATF-NJ Members Only.
8K Championship, Men & Women.
1st Place-\$150 2nd-\$100 3rd-\$75 4th-\$50 5th-\$25

AMENITIES

• BREAKFAST with HORACE ASHENFELTER: Meet Olympian Horace Ashenfelter at the Post Race Breakfast and Awards Party at the Glen Ridge Womens' Club. Sponsored by Whole Foods Markets, Starbucks Coffee and Krispy Kreme Donuts.

• Deluxe T-Shirts to all Registered Participants of the 8K Classic (white supplies last).

• Championship scoring by CompuScore. Finishing times and places for the 8K Classic will be mailed to all finishers. Race results will be available on the Internet at www.compuscore.com.

DIRECTIONS

From the Garden State Parkway, take exit 148 (Bloomfield Avenue exit). Take Bloomfield Avenue West to Ridgewood Avenue in Glen Ridge. Turn Left onto Ridgewood Avenue. The start of the race is just two blocks South on Ridgewood Avenue. Turn Right onto Woodland Avenue and look for parking.

BENEFITS

Proceeds from the 8K and the Ridger Romp fund Glen Ridge Athletics, a not-for-profit organization providing supplemental funding of athletics in Glen Ridge at the High School level.

8K OFFICIAL ENTRY FORM

The 8K is open to runners of every ability: racers, runners, slow joggers, and even fast walkers.

Event: 8K Ridger Romp

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail Address: _____

Age: (as of 11/27/03) _____ Sex: (M/F) _____

Date of Birth: _____

8K Fee: Pre \$17.00 _____ Post \$20.00 _____
(Postmarked by 11/19/03)

Ridger Romp: \$5.00 _____

Family Discount: 10% off (3 or more) _____

Team Competition: Forms available on race day.

Pre \$15.00 _____ USATF-NJ Members Only

USATF-NJ Members Only

The 8K run will be scored with the Championship. Chips must be returned following the event. All runners must wear their assigned chip, or their times will not be recorded. Any runner not returning their assigned chip will be charged a \$35 replacement fee.

Waiver

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge Glen Ridge Athletics, the Borough of Glen Ridge, or Glen Ridge Recreation and their employees and officials, all sponsors and volunteers (hereinafter Released) for any claim arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18.

Participant Signature or Parent/Guardian (if under age 18) _____

Date _____ Shirt Size S-M-L-XL _____

Official Use Only

Checks Payable To: **Glen Ridge Athletics**
Mail with completed entry form to:

8K Classic
52 Ridgewood Avenue
Glen Ridge, N.J. 07028-1015