

# APPLICATION

## The Fourth 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. Contact by phone: 973-324-3532.

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!**

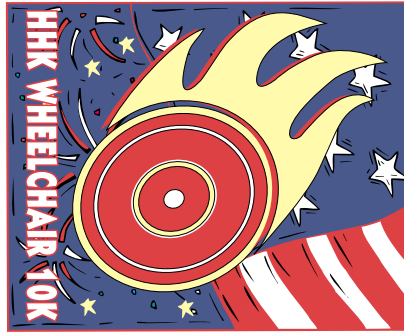
EVENT	START TIME	AMOUNT DUE
HHK Wheelchair 10K Race	8:40 am	<input type="checkbox"/> \$18.00

Adult T-Shirt Size:  Medium  Large  X-Large

TOTAL DUE \_\_\_\_\_

WAIVER: 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, North Jersey Masters, 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)



Held in conjunction with the HHK Wheelchair 10K  
The 29th Annual RIDGEWOOD RUN 10K  
Call the Hotline for info: 201-447-9750 or visit [www.njmasters.com](http://www.njmasters.com)

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

# THE HENRY H. KESSLER FOUNDATION Proudly presents THE FOURTH ANNUAL



## Monday May 31, 2004

# MEMORIAL DAY

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

WEBSITE: [www.HHKFDN.org](http://www.HHKFDN.org)  
HHK HOTLINE (973) 324-3532

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



## HHK Wheelchair 10K 8:40 am\*

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

**NO HANDCYCLES WILL BE PERMITTED  
IN THE HHK WHEELCHAIR 10K**

### REGISTER EARLY!

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

#### IN PERSON:

- at the **RIDGEWOOD YMCA-YWCA**  
112 Oak St., Ridgewood, NJ 07450  
The months of April and May.

**Last Chance, Sunday, May 30th from 4-7pm at the  
CFF FITNESS EXPO: (information below)**

- at the **RIDGEWOOD RUNNING COMPANY**  
39 E. Ridgewood Ave., Ridgewood, NJ 07450  
Saturday, May 29th from 10am-5pm

#### BY MAIL: send completed entry & check to:

**THE HENRY H. KESSLER FOUNDATION  
WHEELCHAIR 10K.**

1199 Pleasant Valley Way, West Orange, NJ 07052  
Attn: Angela Smith, Race Director

#### REGISTRATION INFORMATION:

- Download a [PRINTABLE APPLICATION](#) from [www.compuscore.com](http://www.compuscore.com) or [www.njmasters.com](http://www.njmasters.com)
- **RACE NUMBERS:** You may pick up your number and t-shirt at the CFF Fitness 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.
- **CFF FITNESS EXPO:** Sunday, May 30th from 4-7 pm, at the **RIDGEWOOD YMCA-YWCA**, 112 Oak St., Ridgewood, NJ 07450.

ImageExtreme will be taking photographs of the day's festivities. To order pictures, please visit their site: [www.ImageExtreme.com](http://www.ImageExtreme.com).

## CASH AWARDS FOR HHK WHEELCHAIR 10K

(Please check appropriate box on reverse)

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

	<u>Juniors*</u>		<u>Masters**</u>
	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.

All cash awards will be mailed to recipients as soon as results become official.

#### HOTEL INFO:

The Residence Inn in Saddle River is offering a group rate of \$89 per Friday, Saturday or Sunday night, single or double occupancy, excluding taxes, available through May 10, 2004. Toll Free call (800) 331-3131 or (201) 934-4144 and ask for **The Henry H. Kessler Foundation** rate.

#### DIRECTIONS TO RACE SITE:

- Route 17 North to Linwood Ave. West exit. Go 1 1/2 miles to race site at the corner of Linwood Ave and Northern Parkway.
- Route 17 South to Linwood Ave./Ridgewood exit. Bear left at top of exit. Go 1 1/2 miles to race site at the corner of Linwood Ave and Northern Parkway.
- Out of state racers, please call Angela Smith at (973) 324-3532 for further details.

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

#### GOLD SPONSOR:



THE HENRY H. KESSLER  
FOUNDATION

#### SILVER SPONSORS:



**Global Risk Consultants**



#### BRONZE SPONSORS:

