

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, NJ 07040-40-AN)

WHEN: Thanksgiving Day Thursday, November 25th, 2004.

START & FINISH: At **Glen Ridge High School**, 200 Ridgewood Avenue.

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 ENTRY FEES: **8K Pre-Registration:** \$17.00, or \$15.00 for USATF-NJ members (must be postmarked by 11/19/2004). **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:

A8K Classic
52 Ridgewood Avenue
Glen Ridge, N.J. 07028-1015

EARLY RACE REGISTRATION DISCOUNT:

From Saturday, November 20th through Monday, November 22nd, you can register at Fleet Feet Sports, 603 Bloomfield Ave, Montclair, NJ (973)509-9707 and receive a 10% registration discount!

LAST-MINUTE REGISTRATION & RACE PACKET PICK-UP:

Race Day Registration and Pre-Registered Race Packet Pick-up will be at the **Glen Ridge High School**, 200 Ridgewood Avenue, on Wednesday, Nov. 24th from 6-9 P.M. and Race Day beginning at 7:30 A.M.

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@dtmurphy.com.
- Ceramic Cups to the first 100 A8K male & female finishers.
- Prize Money - 2004 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 **Glen Ridge High School**. Sponsored by Whole Foods Markets, Starbucks Coffee and Krispy Kreme Donuts.
- Deluxe T-Shirts to the first 1000 Registered Participants of the A8K Classic.
- Championship scoring by Compuscore. 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 A8K 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.

IRS 501C 3 #226001834

A8K OFFICIAL ENTRY FORM

The A8K is open to runners of every ability: racers, runners, slow joggers, and even fast walkers.

Event: A8K Ridger Romp

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

E-Mail Address: _____

Age: (as of 11/25/04) _____ **Sex:** (M/F) _____

Date of Birth: _____

8K Fee: Pre \$17.00 Post \$20.00

(Postmarked by 11-19-04)

Ridger Romp: \$5.00 _____

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

Team Competition: Forms available on race day.

USATF-NJ Members Only

Pre \$15.00 _____ USATF-NJ# _____

The 8K run will be scored with the Championchip. 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 Releases) 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:

A8K Classic
52 Ridgewood Avenue
Glen Ridge, N.J. 07028-1015