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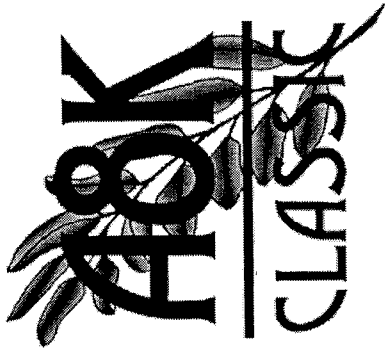
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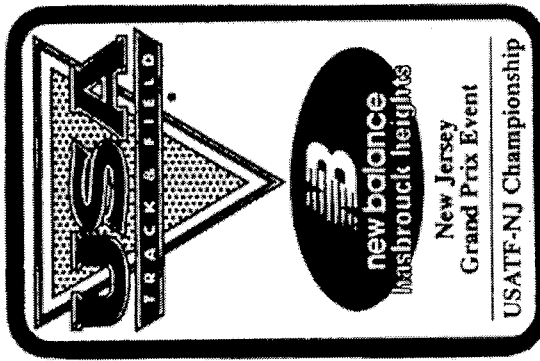


ASHENFELTER 8K CLASSIC

RIDGER KOMP ONE MILE RUN

THANKSGIVING DAY 2006 • GLEN RIDGE, NEW JERSEY

USATF-NJ Open Men's & Women's
8K Championship



700 Points - 8K

JOIN US AS WE HONOR OLYMPIAN AND
LOCAL HERO HORACE ASHENFELTER, WHO WON
THE STEEPLECHASE AT THE 1952 OLYMPIC GAMES
IN HELSINKI, FINLAND.

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

ASHENFELTER 8K CLASSIC • RIDGER KOMP • 9:00 AM THANKSGIVING DAY • GLEN RIDGE, NJ

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.

ONLINE: <http://www.gmap.pedometer.com/?r=420019> (NJ 00044GANS)

WHEN: Thanksgiving Day
Thursday, November 23rd, 2006.

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

TIME: A8K 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: • **A8K Pre-Registration:** \$18.00, or
\$17.00 for USATF-NJ members
(must be postmarked by 11/17/2006)
• **A8K Race Day Registration:** \$20.00

• **Ridger Romp 1 Mile Fun Run:** \$7.00
Make checks payable to:
A8K Classic 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 18th
through Monday, November 20th,
you can register at Fleet Feet Sports,
603 Bloomfield Ave, Montclair, NJ
(973)509-9707 and receive a 10%
discount on all New Balance purchases!

**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. 22nd 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: dan@dmurphy.com.

WEBSITE: www.ashenfelterclassic.com

AWARDS

- Trophies to the overall M/F winners of the A8K and Ridger Romp.
- Commemorative Embroidered New Balance Running Shirts will be awarded to the top 3 finishers (male & female) in each of the following divisions: overall, wheelchair, 14 and under, 15-19, 20-29, 30-39, 40-44, etc., through all master's divisions.
- Fastest Glen Ridge resident Male & Female
- All Ridger Romp participants will receive a special award.
- Family Team Competition: For registration details call the race hotline (973) 748-0093 or E-mail Dan Murphy at dan@dmurphy.com.
- Ceramic Cups to the first 100 A8K male & 100 female finishers.
- Prize Money: 2006 USATF-NJ Members Only:
8K Championship, Men & Women:
1st Place-\$200 2nd-\$150 3rd-\$100 4th-\$75 5th-\$50

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, Balance Bars & Bloomfield's Best Bagels.
- Deluxe T-Shirts to the first 1000 Registered Participants of the A8K Classic only.
- 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: _____

Age: (as of 11/23/06) _____ **Sex:** (M/F) _____

Date of Birth: _____

FEES

8K Fee: Pre \$18.00 Post \$20.00
(Postmarked by 11/17/06)

Pre \$16.00 USATF-NJ Members Only
USATF-NJ USATF-NJ# _____

Ridger Romp: \$7.00 _____

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

Team Competition: Forms available on race day.

CHECKS PAYABLE TO: **A8K Classic**
Mail w/completed entry form to: **A8K Classic**
52 Ridgewood Avenue
Glen Ridge, N.J. 07028-1015

Waiver ~ Waiver ~ 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: ____/____/2006

Official Use Only: _____