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ASHENFELTER 8K CLASSIC • RIDGER ROMP • 830 AM THANKSGIVING DAY • GLEN RIDGE, NJ

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



ASHENFELTER 8K CLASSIC

RIDGER ROMP ONE MILE RUN

BENEFITING THE GLEN RIDGE
EDUCATIONAL FOUNDATION

THANKSGIVING DAY 2010 - GLEN RIDGE, NEW JERSEY

USATF-NJ Masters 8K Championship



RAIN OR SHINE

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

PRESORTED
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ASHENFELTER 8K CLASSIC

- DISTANCES:** 8K (4.97 miles) plus
1 Mile "Ridger Romp"
- COURSE:** The 8K Course is a USATF Certified
"relatively flat" road course with two
water stops through historic Glen Ridge.
(NJ 00044GAN)
- ONLINE:** <http://www.gmap-pedometer.com/?r=389706>
- WHEN:** Thanksgiving Day, 2010
- 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.
- REGISTRATION ENTRY FEES:** • **A8K Pre-Registration:** \$21.00, or
\$19.00 for USATF-NJ members
(must be postmarked by 11/19/2010)
A8K Race Day Registration: \$26.00
- **Ridger Romp 1 Mile Fun Run:** \$8.00
Make checks payable to:
GREF 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%
discount on all purchases!
**(Bring a jar of Peanut Butter for the
Montclair Food Pantry.)**
- 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 7:00 A.M.
- ONLINE REGISTRATION:** Register online at
www.compuscoreg.com
Key word: **Ashenfelter**
- QUESTIONS:** Contact Dan Murphy at (973)809-9311
or E-mail: **dan@dtmurphy.com**.
- WEBSITE:** **www.ashenfelterclassic.com**

AWARDS

- Trophies to the overall M/F winners of the A8K
Ridger Romp, and top Glen Ridge residents.
- Commemorative Embroidered New Balance
Apparel will be awarded to the top 3
finishers (male & female) in the each of the
following divisions: overall, 14 and under,
15-19, 20-29, 30-39, 40-44, 45-49, etc.,
through all master's divisions.
- Fastest Glen Ridge resident: Male & Female
- All Ridger Romp participants will receive a special
award.
- Ceramic Cups to the first 100 male & first 100
female finishers in the A8K.
- Prize Money - 2010 USATF-NJ Members Only.
Masters 8K Championship, male and female
Masters Age Graded
1st Place-\$150 2nd-\$100 3rd-\$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,
& Dunkin Donuts.
- Long sleeve tech tops shirts to the first 1900
Pre-Registered Participants of the A8K Classic only.
Limited shirt availability for raceday registrants.
- 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 the
Glen Ridge Educational Foundation, a not-for-profit
organization providing supplemental funding to the
Glen Ridge School system.

RAIN OR SHINE

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 11/25/10) _____ **Sex:** (M/F) _____

Date of Birth: _____

FEES

8K Fee: Pre \$21.00 _____ Post \$26.00 _____
(Postmarked by 11/19/10)

USATF-NJ Members Pre-Reg. Only
Pre \$19.00 _____ USATF-NJ# _____

Ridger Romp: \$8.00 _____

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

CHECKS PAYABLE TO: **GREF**
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 representa-
tives and assigns do hereby release and discharge Glen Ridge Educational
Foundation, 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: ____ / ____ /2010

Official Use Only: _____

ONE FORM PER ENTRANT PLEASE.