



Are you faster than a Ridge Runner?



Come out and join the running community of the Basking Ridge area in racing with some of the top high school runners in Somerset County!

- COURSE:** USATF Certified 5K Course. Professional race timing on a flat looped trail through the park, splits given at 1 and 2 mile marks, water station.
- WHERE:** Mountain Park, Martinsville & Mountain Rds. Basking Ridge, NJ. (near The Pingry School)
- WHEN:** March 28, 2010 1:00-1:45pm Check-in / 2:00 pm Start 5k Run / 2:30pm Start 1 Mile Walk / kids run
- WHY:** To support the Ridge Runners parent booster club in raising funds to acquire needed equipment for the Ridge High School Cross Country and Track & Field teams
- AWARDS:** Female & Male 5K winners in age brackets: 14&under, 15-18, 19-23, 24-29, 30-39, 40-49, 50-59, 60&over. Medals given to first 3 places in each age group.
- SIGN UP:** Registration is \$20.00 (\$18.00 for USATF-NJ members) and must be received by March 18, 2010. All registered runners and walkers will receive a long sleeve T-shirt and an entry into our door prize giveaway to be held after the 1 mile walk concludes. Must be present to win giveaway. All kids run participants will receive medal. Late and race day entrants will be charged \$25.00 cash or check only, no T-shirt given and no door prize entry. Register early!!!! Registration packets may be picked up at Sneaker Factory, 25 Mountainview Blvd, Basking Ridge beginning March 21, 2010. Direct questions to: njridgerunners@gmail.com

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Name _____ |___| M |___| F
 Street Address _____ Age on race day ____
 City _____ State _____ Zip _____
 Daytime Phone _____
 Birthdate _____ USATF-NJ Membership Number _____

Size (circle one) S M L XL |___| 5K race |___| One mile walk |___| Kids run



Mail completed registration form & check payable to **RIDGE RUNNERS** to:
Ridge Runners, 56 Deer Creek Dr, Basking Ridge, NJ 07920

PLEASE READ, SIGN, AND MAIL

In consideration of your accepting this entry, I the undersigned, intending to be legally bound for myself, executors, and administrators, waive any and all rights and claims for damages and injury I may have against Ridge Runners and any and all sponsors and their agents, representatives, successors, and assigns and all other persons or entities involved in the promotion and staging of this March 28, 2010 5K run and one mile walk, for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace or walker entrant, that I am physically fit and have trained sufficiently for the competition of this event and my physical condition has been verified by a licensed Medical Doctor. Further I hereby grant full permission to any and all the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for legitimate purpose.

Signature _____ Date _____

Parental Guardian consent (if under 18) _____

