



Come out with your family & friends for a fun-filled track and field day, and help Ridge Runs for Team Boomer raise money for the Boomer Esiason Foundation and the cystic fibrosis community.

**LOCATION: Ridge High School, Basking Ridge, NJ • DATE: Sunday, June 13, 2010
RIBBONS! PRIZES! FUN!**

**All participants must complete and return the following registration form by June 4, 2010.
Additional questions can be directed to: annefranzese@msn.com**

Official USATF Certified 5K Race Open to All (Course #NJ05010LMB) 7:45-8:30 am Check-in / 9:00 am Start

Race will begin and end at Ridge High School. Course includes road and cross country running with the finish line on the RHS track. Awards to female and male 5K winners in age brackets: 14 & under, 15-18, 19-23, 24-29, 30-39, 40-49, 50-59, 60 & over. Runners who register by 6/4/10 are guaranteed a t-shirt. There are two easy ways to register:

1. Runners can choose to obtain sponsorships by following this link: www.firstgiving.com/teamboomer to set up a sponsorship web-page that can be blasted out to friends, family, even on face book! (Follow the easy set up instructions and link your page to: [Ridge Runs for Team Boomer](#). See Neil Franzese's page as an example.) Or follow this link for a sponsorship form: www.esiason.org/pdf/sponsorsheet.pdf Suggested minimum sponsorship: \$50 per runner.

2. Or, runners can pay a registration fee of \$20.

****** Late and race day entrants will be charged \$25 with no t-shirt guaranteed.

Track & Field Competition for Children K-8th Grades 9:00-9:45 am Check-in / 10:00 am Start (to follow 5K race)

Participants will be divided into K-2, 3-4, 5-6 female/male, 7-8 female/male. Children will participate in a circuit of track and field events scheduled to include: 50m, 100m, 200m, 400m, long jump, shot put, javelin throw. Awards will be given within each age category. Participants who register by 6/4/10 are guaranteed a t-shirt. There are two easy ways to register:

1. Runners can choose to obtain sponsorships by following this link: www.firstgiving.com/teamboomer to set up a sponsorship web-page that can be blasted out to friends, family, even on face book! (Follow the easy set up instructions and link your page to: [Ridge Runs for Team Boomer](#). See Neil Franzese's page as an example.) Or follow this link for a sponsorship form: www.esiason.org/pdf/sponsorsheet.pdf Suggested minimum sponsorship: \$50 per runner.

2. Or, runners can pay a registration fee of \$20 per child (\$15 per child if three or more from same family register).

****** Late and race day entrants will be charged \$25 with no t-shirt guaranteed.

*****ALL REGISTRATION FEES ARE TAX DEDUCTIBLE TO THE FULLEST EXTENT UNDER THE LAW - BEF 501C3 ID#11-3142753*****

REGISTRATION FOR RIDGE RUNS FOR TEAM BOOMER SUNDAY, JUNE 13, 2010

- Registration forms must be completed in their entirety and received by June 4, 2010
- All pre-registered participants will receive a t-shirt
- Additional questions can be directed to: annefranzese@msn.com
- **Mail registration form and payment to:**

Ridge Runs for Team Boomer, c/o Franzese, 64 Darren Drive, Basking Ridge, NJ 07920

OFFICE USE ONLY	
5K	T&F
Age	Grade
M	F
CK	
CC	SPONS

REGISTRATION FEES:

- Sponsorship via First Giving (suggested minimum sponsorship of \$50 per runner)
- Sponsorship via form: <http://esiason.org/pdf/sponsorsheet.pdf> (suggested minimum sponsorship of \$50 per runner)
- 5K Race: \$20 per participant • \$25 after 6/4/10
- Track & Field: \$20 per child • \$15 per child if three or more from same family • \$25 per child after 6/4/10

1. Name M F Age on 6/13/10 Grade on 6/13/10
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

2. Name M F Age on 6/13/10 Grade on 6/13/10
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

3. Name M F Age on 6/13/10 Grade on 6/13/10
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

4. Name M F Age on 6/13/10 Grade on 6/13/10
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

OBTAINING SPONSORS THROUGH: First Giving Sponsorship Form

Total Registration Amount \$ Ck Encl. Ck # (Make payable to: Boomer Esiason Foundation)

Credit Card # _____ Type _____ Sec. Code _____

Exp. Date _____ Signature Authorizing Credit Card _____

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 Boomer Esiason Foundation 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 June 13, 2010 event for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as runner/walker/thrower, 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 _____

Parent/Guardian Consent (if under 18) _____