



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 29, 2009 8:00-8:45am Check-in / 9:00am Start 5k Run / 9:30am Start 1 Mile Walk

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, including track surface protection and new high jump and pole vault pits

AWARDS: To Female & Male 5K winners in age brackets: 14&under, 15-18, 19-23, 24-29, 30-39, 40-49, 50-59, 60&over.

SIGN UP: Registration is \$20.00 and must be received by March 18, 2009. 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. 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 !!!!! Direct questions to: njridgerunners@gmail.com



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Name _____ M F

Street Address _____ Age on race day _____

City _____ State _____ Zip _____

Daytime Phone _____ Check Credit Card

Email if paying by credit card _____

Size (circle one) S M L XL 5K race One mile walk

Mail completed registration form & check payable to **RIDGE RUNNERS** to:

Ridge Runners, 52 Deer Creek Dr, Basking Ridge, NJ 07920

If you would like to pay by credit card, mail completed form to the address above and Ridge Runners will invoice you via the email address you provided. Do not include your credit card information on this form.

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 29, 2009 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) _____