



# ARE YOU FASTER THAN A RIDGE RUNNER?



Come out and join the running community of the Basking Ridge area and race 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. Race results: Best Racing Systems [www.BESTrace.com](http://www.BESTrace.com)

**WHERE:** Mountain Park: Intersection of Martinsville & Mountain Rds. Basking Ridge, NJ (GPS address: 2 Mountain Road, Basking Ridge, NJ)

**WHEN:** Sunday, March 20, 2016 8:00-8:45am Check-in  
9:00am Start 5K Race  
9:30am Start 1-Mile Walk



**WHY:** To assist the Ridge Runners booster club acquire needed equipment for the Ridge High School Cross Country and Track & Field teams.

**AWARDS:** Female & Male 5K winners in age brackets: under 10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over. Medals given to first 3 place finishers in each age group.

**REGISTRATION:** 5K and 1-Mile Walk \$25.00 (\$22.00 for USATF-NJ members)  
Registration must be received by **March 15, 2015** to receive a long sleeve T-shirt. Registration accepted until **March 19, 2015 at 8:00pm**. Late and race day entrants will be charged \$30.00 cash or check only, no T-shirt given. Register early!!!! Direct questions to: [njridgerunners@gmail.com](mailto:njridgerunners@gmail.com)

**Register online:** <https://runsignup.com/Race/NJ/BaskingRidge/AreYouFasterThanARidgeRunner>

----- cut here and mail lower portion -----

Name \_\_\_\_\_ |\_\_| M |\_\_| F

Street Address \_\_\_\_\_ Birthdate \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Email address \_\_\_\_\_

Age on race day \_\_\_\_\_ USATF-NJ Membership Number \_\_\_\_\_

Check race: |\_\_| 5K Race |\_\_| 1-Mile Walk

Size (circle one) Adult XS Adult S Adult M Adult L Adult XL Adult XXL

Register online at: <https://runsignup.com/Race/NJ/BaskingRidge/AreYouFasterThanARidgeRunner>

**OR** Mail completed registration form & check payable to **RIDGE RUNNERS** to:  
**Ridge Runners, 70 Blackburn Road, Basking Ridge, NJ 07920**



**2016  
Grand Prix**

### 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 20, 2016 5K race, 1-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) \_\_\_\_\_