



Ridgefield Run

3rd Annual 5K Race



Saturday, September 30, 2006 • 10:00 a.m.
Ridgefield Community Center
 725 Slocum Avenue • Ridgefield, NJ

USATF Sanctioned • Certified Course • USATF-NJ Grand Prix Event

Race Features

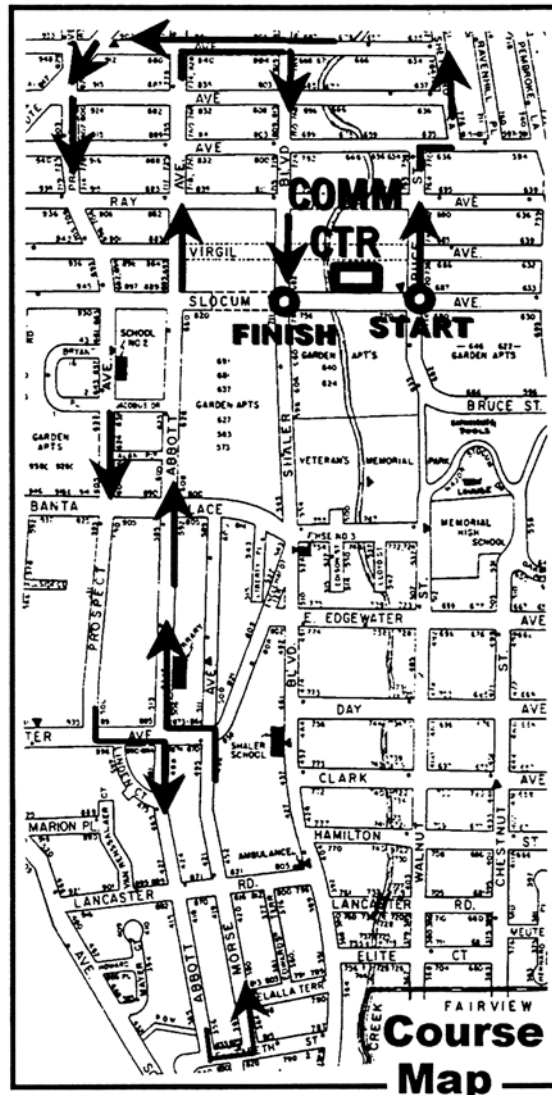
- computerized timing & scoring
- awards & prizes to top finishers (see race web site at www.RidgefieldRun.com for details)
- beefy T-shirts guaranteed to all entrants registered by Mon. 9/25 (while supplies last thereafter)
- goodie bag
- split times
- water stations
- post-race food & refreshments
- rest rooms at Community Center
- Kiddie Runs (9 yrs. & under) - bring the family!
- computerized race results online

FEES (non-refundable):

\$15 for entries received by Mon. 9/25 (\$13 for USATF & NJRRC members), \$18 thereafter. Make check or money order payable to "**Borough of Ridgefield**" and mail completed entry form & payment to:

DeMarco Communications
 ATTN: Ridgefield Run
 2337 Lemoine Ave., Suite 210
 Fort Lee, NJ 07024

Race packet/goodie bag pickup, and in-person registration, begins at 8:30 a.m. on race day at the Community Center. For directions, please visit www.RidgefieldRun.com.



Why run *THIS* race??

- fast, flat course featuring gentle downhill grades & only 1 short incline (at 0.1 mi. mark)
- great course to set your new PR!
- shady, tree-lined suburban residential neighborhoods
- USATF-NJ certified course
- USATF-NJ Grand Prix 500 points event
- \$2 pre-registration discounts for USATF-NJ & NJRRC members
- beefy T-shirts guaranteed to all pre-registered entrants (while supplies last for late registrants)
- post race food & refreshments
- new race - set the course record!

COURSE ROUTE:

START Corner of Slocum Ave & Bruce St, up the block from the Community Center > N on Bruce St > E on Elm Ave > N on Shetland Lane > W on Maple Ave > W on State Rt 5 > S on Prospect Ave > E on Edgewater Ave > S on Abbott Ave > E on Elizabeth St > N on Morse Ave > W on Edgewater Ave > N on Abbott Ave > E on Maple Ave > S on Shaler Blvd to Slocum Ave **FINISH**

Event organized & conducted by the **Ridgefield Recreation Department** in conjunction with *Ridgefield Day Celebration*. Race takes place rain or shine; entry fees non-refundable.



Computerized scoring by BEST Racing Systems - get race results at www.bestrace.com

QUESTIONS? Call the Race Hotline at 201-585-0500 x2 or send e-mail to: raceinfo@RidgefieldRun.com



Race bibs provided via sponsorship of RoadID at www.roadID.com

REGISTER ONLINE AT WWW.RACEFORUM.COM

For more detailed information and an interactive course map, visit www.RidgefieldRun.com

3rd Annual RIDGEFIELD RUN 5K Entry Form • Saturday, September 30, 2006, 10:00 a.m.

Name: _____ Sex: M F Age (on race day): _____ D.O.B.: ____/____/____

Street Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail Address: _____ T-Shirt Size: S M L XL

USATF Member #: _____ Pmnt. encl. to *Borough of Ridgefield*: \$15 (by 9/25) \$13 (USATF or NJRRC by 9/25) \$18

WAIVER AND RELEASE: I understand that running a road race is a potentially hazardous activity, and that I should not enter unless I am medically able and properly trained. I assume all risks associated with this race event, including but not limited to falls and contact with other participants, the effect of the weather (including high heat or humidity), traffic, and conditions of the road. In consideration for this entry being accepted, I hereby, for myself, heirs, exectutors, administrators, or legal representatives and successors, waive and release any claims that I (they) may have against the Borough of Ridgefield, Ridgefield Recreation Department, Ridgefield Police Department, Ridgefield Ambulance Corps, USATF, and any sponsors, for injuries or damages I may sustain as a result of participation in this event. I certify that I am in sound physical condition for this event and will withdraw my entry if that level of fitness becomes inadequate. I understand that no roller skates or roller blades are allowed on the race course, and that runners pushing baby strollers must start the race at the back of the field. I also give my permission for the free use of my name and/or photo or likeness to appear in any newspaper, broadcast, telecast, web site or other account of this event, including the online posting of race results.

Signature: _____ Date: _____
(signature of parent or guardian required if under the age of 18)

MAIL TO:
DeMarco Communications
ATTN: Ridgefield Run
2337 Lemoine Ave., Suite 210
Fort Lee, NJ 07024

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