

THE 38TH ANNUAL FRED D'ELIA
**RIDGEWOOD
 RUN
 2013**

Memorial Day • Monday • May 27
 Veteran Memorial Field • Ridgewood, NJ

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 RUN
 2013**

**Memorial Day
 Monday • May 27
 Veteran Memorial Field
 Ridgewood, NJ**



Applebee's - The Shannon Rose
 Horizon Blue Cross/Blue Shield of NJ
 North Jersey Brain & Spine Center
 United Water



Photo by Ken Shelton

**10K 8:20 am
 5K 10:15 am
 10K USATF-NJ Masters
 Men Championship
 RRCA State Championship Race**

Sponsored by
**Park
 Ave**

DATE & LOCATION

Memorial Day • May 27, 2013
 Veteran Memorial Field • Ridgewood, NJ

SCHEDULE

Wheelchair 10K 8:15 am
 10K 8:20 am
 5K 10:15 am
 Women's Mile 11:15 am
 Men's Mile 11:40 am
 Ridgewood YMCA
 Fun Run (Mile) Noon

REGISTRATION

Online by May 23
www.raceforum.com/ridgewood
 No Extra Fees!

By Mail by May 21 with check to:
 North Jersey Masters
 348 S. Irving St. • Ridgewood, NJ 07451

In Person April 1 through May 23
 Ridgewood Cycle Shop or Ridgewood
 YMCA

No Raceday Registration for 5K/10K

For race weekend registration and packet
 pick-up instructions please visit
www.ridgewoodrun.com

FOR MORE INFORMATION

ridgewoodrun@njmasters.com or
 973.333.4837.



**Brought to you by
 North Jersey Masters**

North Jersey Masters Track and
 Field Club (NJM), founded in 1976, is
 a running club dedicated to the
 improvement of both recreational
 and competitive runners of all ages.
 NJM provides weekly workouts with
 professional coaching in the spring,
 summer and fall, in a supportive
 and friendly club environment.

Join us! www.njmasters.com

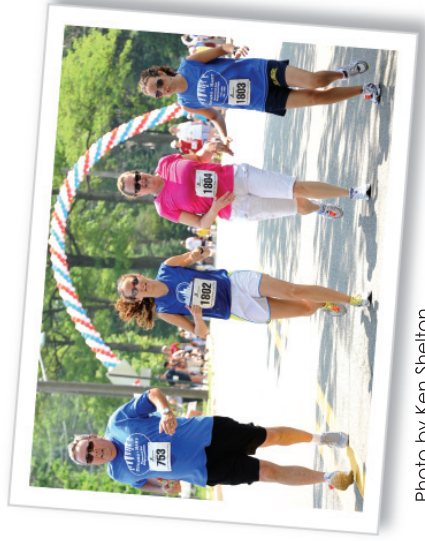


Photo by Ken Shelton



10K = 700 points • 5K = 500 points



AWARDS

Prize Money

5k Open/Masters (40+), Male/Female:

1st \$200, 2nd \$150, 3rd \$75

10K Masters Men Championship:

USATF-NJ Members:

1st \$300, 2nd \$250, 3rd \$200

– Age-Graded (40+) Men

Non-Members 40+ Men:

1st \$100, 2nd \$75, 3rd \$50

10K Open Male/Female, 40+ Female:

1st \$200, 2nd \$150, 3rd \$100

Mile, Open/Masters, Male/Female:

1st \$150, 2nd \$100, 3rd \$75

Breaking Age Group Record: \$50

Breaking Course Record: \$500

Trophies and New Balance North Jersey Gift Certificates to the top 3 finishers in each 5 year age bracket in the 5K/10K (80+)

Family 5K Team

awards to the top 5 families with the 3 fastest times scored for each team. Register on race day up to 30 minutes before the race.

RESULTS

Scoring by compuscore.com

RACE DAY PHOTOS

www.kenshelton.com

IMPORTANT INFORMATION

Runners arriving late for the 5K should choose an alternate route – portions of Ridgewood Avenue are closed during the 10K race.

LOCAL PARKING

- Ridgewood YMCA, 112 Oak St.
- Ridgewood Municipal Parking along Franklin Ave.
- Parking in King's Shopping Center parking lot is PROHIBITED

OUT OF TOWN RUNNERS

Special rate at The Residence Inn, Saddle River 201.934.4144 by April 30

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Memorial Day • Monday • May 27
Veteran Memorial Field • Ridgewood, NJ

Over 4,000 Runners Expected!

Great T-Shirt

D-Tag Scoring

Baggage Check

Refreshments

Massage Tent

\$5,000 in Prize Money



Proud to be part of the inaugural RRCA Grand Prix.

This year-long series of nine races will help families and communities devastated by Hurricane Sandy. One dollar of every Ridgewood Run 10K race entry will be donated to the Hurricane Sandy Relief Foundation. Learn more about Restore the Shore 2013 at www.rrcanj.org.

2013 Ridgewood YMCA Fun Run

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email (To receive link to your race photos) _____



Child's Name _____

Age _____

Youth T-shirt \$15 With \$5 Without

TOTAL _____

All registrations are non-transferable/non refundable.

WAIVER: In consideration of acceptance of this application, I for myself and anyone entitled to act on my behalf, waive and release the North Jersey Masters Track & Field Club (referred to as "NJMC"), the NJM board, Officers and Members, Road Runners Club of America, USA Track & Field-New Jersey, Village of Ridgewood, Ridgewood Police Department, Ridgewood YMCA, Park Ave BMW, Horizon Blue Cross Blue Shield of New Jersey and all sponsors or their representatives from present and future claims and liabilities arising out of my participation in this event or related activities. I agree to abide by any decision of an event official relative to my ability to safely complete the event. Further, I confirm that I am physically able to participate in this event, and grant the right to use my likeness in any photographic record of the Ridgewood Run or Ridgewood YMCA Fun Run.

Signature of Parent _____

Date _____

2013 Fred D'Elia Ridgewood Run

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email (To receive link to your race photos) _____

Race Day Age _____

DOB _____

Sex _____

2013 USATF-NJ # _____

Event (Please Circle) With USATF-NJ # Without Due

5K \$26 \$29

10K \$26 \$29

Open Mile Qualifying Times: Male 4:40 Female 5:40

Your 2012/2013 PR _____

Masters Mile Qualifying Times: Male 5:30 Female 6:30

Your 2012/2013 PR _____

Any Two Events (Please Circle)

5K 10K Mile \$40

Immediate Family Discount

• \$3 discount per 5K/10K entry for 3 family members

• Maximum immediate-family entry fee: \$100

TOTAL _____

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Signature _____

Date _____