



5K / 10K / 1 Mile Registration Form (one per registering person)
(NO STROLLERS, NO DOGS or PETS)

Please - Print Legibly

First Name:		Last Name:	
Street Address:			
City:		State:	Zip:
Phone:		Email:	
Race Day Age:	DOB: (mm / dd / yyyy) / /	Gender:	Circle one Male Female
USATF-NJ#			
Event	Price	Amount Due	
5K	30 - \$3 discount for USATF - postmarked 5/18	\$	
10K	30 - \$3 discount for USATF - postmarked 5/18	\$	
Open Mile	Qualifying time required Male 4:40; Female 5:30	\$20	\$
Masters Mile	Qualifying time required Male 5:30; Female 6:30	\$20	\$
Any two events (please circle 5K 10K Mile)		\$50	\$
(Optional SONJ Donation \$3.00)		\$	
Discount \$3 per 5K/10K entry for 3 family members (same household)		\$ ()	
Discount Maximum immediate family (same household) entry fee		\$100	\$
TOTAL			\$
All registrations are non-transferable/non refundable even in the case of event cancellation.			
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 "NJM"), the NJM Board, Officers, and Members, Team Incorporated d/b/a Barwick Group, Road Runners Club of America, USA Track & Field-New Jersey, Village of Ridgewood, Ridgewood Police Department, Ridgewood YMCA, Park Ave BMW, 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			DATE

Checks Payable to: North Jersey Masters

Mail Application and payment to: Ridgewood Run c/o Barwick Group

330 Ratzer Rd. Ste A-4, Wayne, NJ 07470