



Come out with your family & friends for a fun-filled track and field day, and help Ridge Runs for Team Boomer raise money for the Boomer Esiason Foundation and the cystic fibrosis community.

**LOCATION: Ridge High School, Basking Ridge, NJ • DATE: Sunday, June 12, 2011
RIBBONS! PRIZES! FUN!**

**All participants must complete and return the following registration form by June 3, 2011.
Additional questions can be directed to: annefranzese@msn.com**

Official USATF Certified 5K Race Open to All (Course #NJ05010LMB) 7:45-8:30 am Check-in / 9:00 am Start

Race will begin and end at Ridge High School. Course includes road and cross country running with the finish line on the RHS track. Awards to female and male 5K winners in age brackets: 14 & under, 15-18, 19-23, 24-29, 30-39, 40-49, 50-59, 60 & over. Runners who register by 6/3/11 are guaranteed a t-shirt. There are two easy ways to satisfy the registration fee:

1. Runners can choose to obtain sponsorships by following this link: www.firstgiving.com/teamboomer to set up a sponsorship web-page that can be blasted out to friends, family, even on Facebook! (Follow the easy set-up instructions and link your page to: [Ridge Runs for Team Boomer](#).) Or follow this link for a sponsorship form: www.esiason.org/pdf/sponsorsheet.pdf
Suggested minimum sponsorship: \$50 per runner.

2. Or, runners can pay a registration fee of \$20.

****Late and race day entrants will be charged \$25 with no t-shirt guaranteed.**

Track & Field Competition for Children K-8th Grades 9:00-9:45 am Check-in / 10:00 am Start (to follow 5K race)

Participants will be divided into K-2, 3-4, 5-6 female/male, 7-8 female/male. Children will participate in a circuit of track and field events scheduled to include: 50m, 100m, 200m, 400m, long jump, shot put, javelin throw. Awards will be given within each age category. Participants who register by 6/3/11 are guaranteed a t-shirt. There are two easy ways to satisfy the registration fee:

1. Runners can choose to obtain sponsorships by following this link: www.firstgiving.com/teamboomer to set up a sponsorship web-page that can be blasted out to friends, family, even on Facebook! (Follow the easy set-up instructions and link your page to: [Ridge Runs for Team Boomer](#).) Or follow this link for a sponsorship form: www.esiason.org/pdf/sponsorsheet.pdf
Suggested minimum sponsorship: \$50 per runner.

2. Or, runners can pay a registration fee of \$20 per child (\$15 per child if three or more from same family register).

****Late and race day entrants will be charged \$25 with no t-shirt guaranteed.**

*****ALL REGISTRATION FEES ARE TAX DEDUCTIBLE TO THE FULLEST EXTENT UNDER THE LAW - BEF 501C3 ID#11-3142753*****

REGISTRATION FOR RIDGE RUNS FOR TEAM BOOMER

SUNDAY, JUNE 12, 2011

- Registration forms must be completed in their entirety and received by *June 3, 2011*
- All pre-registered participants will receive a t-shirt
- Additional questions can be directed to: annefranzese@msn.com
- *Mail registration form and payment to: Ridge Runs for Team Boomer, c/o BEF, 1095 Mt. Kemble Ave., 2nd Floor, Morristown, NJ 07960*

OFFICE USE ONLY

5K	T&F
Age	Grade
M	F
CK	
CC	SPONS

REGISTRATION FEES:

- Sponsorship via First Giving (suggested minimum sponsorship of \$50 per runner)
- Sponsorship via form: <http://esiason.org/pdf/sponsorsheet.pdf> (suggested minimum sponsorship of \$50 per runner)
- 5K Race: \$20 per participant/ \$25 after 6/3/11
- Track & Field: \$20 per child/\$15 per child if 3 or more from same family/\$25 per child after 6/3/11

1. Name M F Age on 6/12/11 Grade on 6/12/11
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

2. Name M F Age on 6/12/11 Grade on 6/12/11
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

3. Name M F Age on 6/12/11 Grade on 6/12/11
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

4. Name M F Age on 6/12/11 Grade on 6/12/11
 CIRCLE ONE EVENT: 5K Track & Field SHIRT SIZE (circle one) : YM YL AS AM AL AXL AXXL

Address

City State Zip

Phone Email Address

OBTAINING SPONSORS THROUGH: First Giving Sponsorship Form

Total Registration Amount \$ Ck Encl. Ck # (Make payable to: Boomer Esiason Foundation)

Credit Card # Type Sec. Code

Exp. Date Signature Authorizing Credit Card

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 Boomer Esiason Foundation 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 June 12, 2011 event for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as runner/walker/thrower, 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

Parent/Guardian Consent (if under 18)