

ARE YOU FASTER THAN A RIDGE RUNNER? 5K RUN/1 MILE WALK

WHEN: Sunday, March 20, registration open 8 am – 8:45 am, Run 9 am, Walk 9:30 am

WHERE: Mountain Park, Basking Ridge

WHO: This event is open to the community. We need *all* members of Ridge Runners to make this event successful. If you are not a “runner” we still need your help! Parent and kid volunteers are needed!

WHY: Ridge Runners is raising money for the Cross Country and Track and Field programs. The money raised will go toward purchasing new equipment, paying for assistant coach salaries, and other items deemed necessary by the coaches.

WHAT CAN YOU DO? The 5K is our biggest fund raiser. We need **all** families to take an active role in obtaining sponsors and donors for the event. The goal is to have each Ridge Runner family raise \$200 in sponsors and/or donations. We also need volunteers to fill the race bags and assist on race day!

IMPORTANT:

Each Ridge team member must register but you do not pay a registration fee! Use the coupon code RIDGETEAM to eliminate the registration fee. This code is only used for the runner, not other family members.

Note: All Ridge Runners who participate will receive 2 shirts, one to be worn the day of the event identifying them as a Ridge Runner and one that will be given to all registrants.

HOW TO GET SPONSORS?

Individual Donors:

DO NOT GO DOOR to DOOR. Contact people you know (e.g. neighbors, family, friends). For any family who donates \$200 or more, the family name will be placed on the back of the Run/Walk t-shirt. You can also get people to register to run or walk in the race. Registration is on the following website: <https://runsignup.com/Race/NJ/BaskingRidge/AreYouFasterThanARidgeRunner>

Business/Corporate Sponsors:

Donations can also come from a business or corporate sponsor. A family member or friend may work for a business who wishes to sponsor a Ridge Runner. Any business who donates \$250 or more will have their logo or name placed on the back of the t-shirt that all participants in the Run/Walk will receive. We have four levels of sponsorship. \$100-Text Only Logo, \$250 – Small Logo, \$500 – Medium Logo, \$1,000 – Large Logo. Additional Sponsor Forms are available on the Ridge Runners website www.njridgerunners.com. In addition to cash donations, items for our race bags can be donated (i.e. lip balm, sunscreen, power bar) and the value applied to your donation form. We will be filling 250 bags.

DONATIONS AND SPONSORS:

- Each Ridge Runner should fill out the Donation Form for all donations they collect. Make checks out to *Ridge Runners*. Completed Donation Forms can be submitted to *Linda Byrne, 70 Blackburn Rd., Basking Ridge, NJ 07920*.
- Business or corporate sponsors should fill out a Sponsor Form and email their logo to njridgerunners@gmail.com. Make sure the Ridge Runner being sponsored is indicated on the Sponsor Form by filling out the Family Name in the upper righthand corner. Submit to *Elizabeth Bartlett, 8 Charleston Court, Basking Ridge, NJ 07920*.
- **Forms are due by March 10, 2016.**

VOLUNTEERS:

Parent volunteers are crucial to the success of the 5K. Runners - please make sure your parents are receiving emails from Ridge Runners. If they are not on the email list please have them send an email to njridgerunners@gmail.com so they can be placed on the list.

Volunteer opportunities are listed on the race registration website under the **Volunteer** tab. You may need to set up an account with Runsignup. The password to register to volunteer is **volunteer**. If you have any difficulty registering to volunteer, please send an email to njridgerunners@gmail.com stating what you would like to volunteer for. Thank you!