

46th Tri-State Wheelchair Games & 16th Kessler Wheelchair 10K



Memorial Day Weekend - May 27th – 30th, 2016

46th Tri-State Wheelchair Games

- * Track
- * Field
- * Archery
- * Powerlifting
- * IPC Approved
- * Fast Mondo Track

Date: May 27th - 29th, 2016

Location: Pascack Valley High School, New Jersey

16th Kessler Wheelchair 10K

- * Cash Prizes (Total Purse \$15,900)
- * Fast and Flat Course
- * Transportation (Newark Airport-Hotel-Venue)
- * Comp Hotel Rooms (First-come, First serve)

Date: Memorial Day - Monday, May 30th, 2016

Location: Ridgewood, New Jersey

Contact Information

Jimmy Cuevas - jcuevas1969@comcast.net

Phil Galli - philg1234@comcast.net

Angela Smith - asmith@kesslerfoundation.org

The 46th Tri-State Wheelchair & Ambulatory Games and the 16th Kessler Foundation Wheelchair 10K are sponsored by the Kessler Foundation. Other sponsors for the Tri-State Wheelchair & Ambulatory Games include the North Jersey Navigators Paralympic Sports Club, Pascack Valley Regional High School District, Tri-State Wheelchair Athletic Association and Adaptive Sports USA.

Events contested in the Tri-State Wheelchair & Ambulatory Games include track, field, archery, and powerlifting. This event is approved by the International Paralympic Committee (IPC), sanctioned by Wheelchair Track & Field USA and is a qualifying event for the Adaptive Sports USA Junior National Championships.

The Kessler Foundation Wheelchair 10K is run as part of the Fred d'Elia Memorial Day Ridgewood Run. It was the first wheelchair race in New Jersey and is now one of the largest integrated races in the region. The course is fast and flat. Every year Elite wheelchair athletes from all over the world compete in the Annual Kessler Foundation Wheelchair 10K for a total purse of \$11,800. Transportation for the Elite wheelchair athletes will be available between Newark Liberty International Airport, host hotel and competition venue. A limited number of complimentary hotel rooms for the Elite wheelchair athletes will be available on a First-come, First serve basis.



46th Tri-State Wheelchair & Ambulatory Games

May 27 – 29, 2016

Pascack Valley High School, Hillsdale, New Jersey

IPC - Wheelchair & Ambulatory Events

SANCTIONED BY

Wheelchair Track & Field USA

IPC APPROVED EVENT

SPORT EVENTS CONTESTED

Track, Field, Archery, and Powerlifting

(Electronic Timing & Mondo Track)

For more information on these events, please consult the Adaptive Sports USA Official Rule Books found on the website:

www.adaptivesportsusa.org

Tri-State Games will again be a part of the *Wheelblazers Grand Prix*. The 5,000 meters is a registered event for this competition. For further information and Grand Prix entry, please consult the Tri-State website:

www.tswaa.com

Sponsored by:

Tri-State Wheelchair & Ambulatory Association

North Jersey Navigators

Kessler Foundation

Pascack Valley Regional High School District

Adaptive Sports, USA

Pepsi



This is a Wheelchair Track & Field USA sanctioned event for athletes in both the Junior and Adult/Open divisions. This is an IPC Approved event. If you plan to compete in more than one sport, you must join each respective National Governing Body (NGB)/ Sports Technical Committee (STC) prior to competition.

You can obtain a membership application through Adaptive Sports USA:

Website: www.adaptivesportsusa.org

MEET DIRECTOR: Jimmy Cuevas - Contact: Tel. 201-435-1688 / Email: jcuevas1969@comcast.net

FEES & REGISTRATION: The fees include registration, online registration service fee, lunch, meet sanctioning and qualification for the 2016 Adaptive Sports USA Junior National Championships. Online Registration must be completed by **May 13, 2016** to avoid a late fee. **A late fee of \$10.00 will be assessed for each online registration between May 14 - 20.**

The fees for on-time and late registrations are as follows:

Registration Fees	Registration Fees (After May 14)
Juniors - \$50.00	Juniors - \$60.00
Adults/Open - \$50.00	Adults/Open - \$60.00

The Tri-State Games LOC reserves the right to limit or cancel events based on enrollment as of May 13, 2016.

ONLINE REGISTRATION FORM: <https://www.simplyregister.net/register/?e=107599>

Online Registration will end on Friday, May 20, 2016.

Registrations will NOT be considered after May 20. Registration will NOT be available at the games.

CLASSIFICATION:

This event will be providing national classification in track and field. In order to participate, you must be classified in each sport you wish to compete in. If you have not been classified you will be notified of your classification time. We will work with you to provide you with a convenient time. Classifications will be held on Friday late afternoon/evening and Saturday morning for those competing in track, field and archery events. Please contact Jimmy Cuevas if you have any questions regarding classification.

Tri-State Wheelchair & Ambulatory Games – Schedule of Events
(Subject to change)

Athletes must be checked in by the start of the competition or he/she will not be able to compete that day

The final schedule of events will be posted by 5/25/16 on the Tri-State Website: www.tswaa.com

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
<u>Friday, May 27</u>			
Athlete Check-in & Classification	5:00 pm - 9:00 pm	Athlete Check-in, Classification & Weigh In for Powerlifting	Pascack Valley High School Weight Room
Powerlifting	6:00 pm - 9:00 pm	Powerlifting	Pascack Valley High School Weight Room
<u>Saturday, May 28</u>			
Athlete Check-in & Classification	7:30 am - 12:00 pm	Athlete Check-in & Classification	Pascack Valley High School
Archery	8:00 am – 10:00 am	Archery	Pascack Valley High School
Field	10:00 am – 11:30 am	Field (Ambulatory)	Pascack Valley High School
	11:30 am – 12:30 pm	Lunch	Pascack Valley High School
Field	12:30 pm – 4:30 pm	Field (Ambulatory & Wheelchair)	Pascack Valley High School
	4:30 pm - 6:00 pm	Dinner	Pascack Valley High School
Athlete Check-in	4:00 pm – 6:00 pm	Athlete Check-in	Pascack Valley High School
Track	5:25 pm - 5:55 pm	Track Warm-up	Pascack Valley High School
	6:00 pm – 9:15 pm	Open Track Event	Pascack Valley High School
<u>Sunday, May 29</u>			
Athlete Check-in	7:00 am - 8:30 am	Athlete Check-in	Pascack Valley High School
Track	7:30 am - 8:00 am	Track Warm-up	Pascack Valley High School
	8:00 am	5000m Open Juniors/Adults	Pascack Valley High School
	9:00 am - 4:00 pm	Track: Juniors/Adults (20min. warm-up after 5,000)	Pascack Valley High School

Junior Athlete Track & Field Events - Classes 11-13, 20, 40-47, 51-57

Track Events - Classes 11-13, 20, 40-46, 51-54																																			
Class	Classes 11,12,13							Class 20							Class 40							Classes 41							Classes 42						
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
20 Meter																																			
60 Meter																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 meter																																			
Class	Class 43							Class 44*-45**-46***							Class 51*-52**							Class 53							Class 54						
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
60 Meter																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			

Field Events - Classes 11-13, 20, 40-47, 51-57																																			
Class	Classes 11,12,13							Class 20							Class 40 - 41							Classes 42-46							Class 47						
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
Shotput																																			
Discus																																			
Javelin																																			
Club																																			
Softball Throw																																			
High Jump	**	**	**	**	**	**	**																												
Triple Jump																																			
Long Jump																																			
Class	Class 51							Classes 52-57																											
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23																					
Shotput																																			
Discus																																			
Javelin																																			
Club																																			
Softball Throw																																			
Long Jump																																			

46th Tri-State Wheelchair and Ambulatory Games - May 27-29, 2016

Junior Athlete Track & Field Events - Classes 31-38, TRR1-5

Track Events - Classes 31-38, TRR1-5																																			
Class	Class 31						Class 32						Class 33						Class 34																
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23							
20 Meter Dash																																			
60 Meter Dash																																			
60 Meter Weave																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 meter																																			
Class	Class 35 (Assist Device)						Class 35						Class 36						Class 37						Class 38										
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
20 Meter Dash																																			
60 Meter Dash																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			
Class	Class TRR1						Class TRR2						Class TRR3						Class TRR4						Class TRR5										
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
60 Meter																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			

Field Events - Classes 31-38																												
Class	Class 31						Class 32						Class 33						Class 34									
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
Club Throw																												
High Toss																												
Kick																												
Precision																												
Med. Ball Thrust																												
Shotput																												
Discus																												
Javelin																												
Class	Class 35						Class 36						Class 37						Class 38									
Age Division	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
Shotput																												
Discus																												
Javelin																												
Long Jump																												

Open Track Event – (Saturday, May 28)

IPC Approved Event

Track Events **

- 100 Meters
- 200 Meters
- 400 Meters
- 800 Meters
- 1500 Meters
- 5000 Meters

**** All Athletes (Juniors and Adults) must meet qualifying standards (See next page)**

Schedule of Events

46 th Tri-State Wheelchair and Ambulatory Games				
Schedule for Saturday, May 28, 2016				
Start	Finish	Event		Type
5:25PM	5:55PM	Warmup		Warmup
6:00PM	6:40PM	5000M		Timed Final
6:45PM	7:05PM	100M		Timed Final
7:05PM	7:10PM			Set Compensator
7:10PM	7:30PM	400M		Timed Final
7:30PM	8:00PM			Break
8:05PM	8:25PM	1500M		Timed Final
8:25PM	8:30PM			Set Compensator
8:35PM	8:50PM	200M		Timed Final
8:50PM	8:55PM			Set Compensator
9:00PM	9:15PM	800M		Timed Final

Open Track Qualifying Standards - (Saturday, May 28)

<u>TRI-STATE OPEN TRACK STANDARDS FOR SATURDAY</u>			
<u>EVENING</u>			
<u>CLASS</u>	<u>EVENT</u>	<u>WOMEN</u>	<u>MEN</u>
11	100	17.15	15.31
11	200	37.88	31.50
11	400	1:28.00	1:13.75
11	800	3:52.00	
11	1500	6:40.30	5:32.00
11	5000		21:52.35
12	100	18.00	14.94
12	200	37.50	30.25
12	400	1:24.00	1:08.25
12	800	3:52.00	
12	1500	6:20.00	5:15.00
12	5000		18:30.00
13	100	18.00	15.25
13	200	36.80	30.77
13	400	1:24.00	1:08.75
13	800		2:42.50
13	1500	5:45.00	5:15.00
13	5000		18:30.00
20	400	1:22.00	1:10.50
20	1500	5:45.00	5:15.00
33	100	36.00	28.30
33	200		44.00
33	400		1:20.00
33	800	3:58.00	3:20.00
34	100	36.00	28.00
34	200	49.00	44.00
34	400		1:20.00
34	800	3:58.00	3:20.00
35	100	34.38	19.50
35	200	56.25	43.69
36	100	23.25	18.38
36	200	48.25	35.40
36	400		1:23.54
36	800		3:05.00

<u>TRI-STATE OPEN TRACK STANDARDS FOR SATURDAY</u>			
<u>EVENING</u>			
<u>CLASS</u>	<u>EVENT</u>	<u>WOMEN</u>	<u>MEN</u>
37	100	21.06	16.38
37	200	42.56	33.00
37	400	1:34.00	1:20.00
37	800		2:58.48
37	1500		5:30.16
38	100	20.63	16.25
38	200	40.78	32.10
38	400	1:33.00	1:25.00
38	800		3:00.00
38	1500		36:00.00
42	100	25.00	20.31
42	200		42.50
43	100	21.25	16.75
43	200	40.63	35.50
43	400	1:38.00	1:16.13
44	100	21.25	16.75
44	200	40.63	35.50
44	400	1:38.00	1:16.13
45	100	19.50	#REF!
45	200	38.00	30.15
45	400	1:30.00	1:05.00
45	1500	5:50.00	5:20.00
46	100	19.50	14.82
46	200	38.00	30.15
46	400	1:30.00	1:05.00
46	1500	5:50.00	5:20.00
47	100	19.50	14.82
47	200	38.00	30.15
47	400	1:30.00	1:05.00

<u>TRI-STATE OPEN TRACK STANDARDS FOR SATURDAY</u>			
<u>EVENING</u>			
<u>CLASS</u>	<u>EVENT</u>	<u>WOMEN</u>	<u>MEN</u>
51	100	41.45	39.38
51	200	54.00	
51	400	1:34.00	2:15.00
52	100	36.00	25.46
52	200	54.00	45.00
52	400	1:34.00	1:31.00
52	800	3:00.00	2:40.35
52	1500		5:40.00
53	100	28.38	20.51
53	200	44.00	35.96
53	400	1:30.00	1:10.00
53	800	3:00.00	2:40.35
53	1500	4:10.00	3:58.93
53	5000	14:12.00	13:28.00
54	100	23.63	18.75
54	200	37.00	33.21
54	400	1:20.00	1:03.75
54	800	2:40.00	2:07.45
54	1500	4:10.00	3:58.93
54	5000	14:12.00	13:28.00

Junior Track Relay Team Application

TEAM NAME: _____ COACH: _____

Athletes must run in the order listed below

ATHLETE NAME	CLASS	AGE DIVISION	GENDER	POINTS
			<input type="checkbox"/> Male <input type="checkbox"/> Female	
			<input type="checkbox"/> Male <input type="checkbox"/> Female	
			<input type="checkbox"/> Male <input type="checkbox"/> Female	
			<input type="checkbox"/> Male <input type="checkbox"/> Female	
TOTAL POINTS				

EVENT: * Male Female Mixed Wheelchair Ambulatory

4 X 100: Points: 10 20 30
 4 X 400: Points: 30 40
 800 Medley: Points: 30 40 50

There will be three types of relay teams; *all male, all female and mixed*. Points will be assigned to each team member in accordance with the following table(s):

I. WHEELCHAIR CLASSES

Age Division	Classes T31/32, T51/52	Classes T34, T53	Class T 54
U11	1	2	3
U14	2	4	6
U16/U18	3	6	9
U20/U23	4	8	12

4 x100: 10 - 20 - 30 Point Teams
 800 Medley: 100 + 100 + 200 + 400: 30 - 40 Point Teams

II. AMBULATORY CLASSES

Age Division	Class T35	Classes T36, T41/42	Classes T11, T37/38, T43/44	Classes T12/13, T20, T45/46
U11	1	2	3	4
U14	2	4	6	8
U16/U18	3	6	9	12
U20/U23	4	8	12	16

4 x100: 10 - 20 - 30 - 40 - 50 Point Teams
 800 Medley: 100 + 100 + 200 + 400: 30 - 40 - 50 Point Teams

**Competitors may enter no more than any two (2) relays. They must be different relay races (male, female, mixed, 4 x 100 or 800 medley) or point value.*

Junior and Adult Powerlifting & Archery Events

Powerlifting (Friday Evening May 27)

Note: *Competitors must be at least 14 years of age on the date of the competition*

Archery (Saturday, May 28)

Classes: W1, W2 and Standing

Bow Type: Compound and Recurve

Age Divisions:

Yeoman - (Ages 7 – 9)

Bowmen - (Ages 10 -12)

Cub - (Ages 13 – 14)

Cadet - (Ages 15 – 17)

Junior - (Ages 18 – 20)

Young Adult - (Ages 21 – 22)

Adult - (Over 23)

Host Hotel for Tri-State Wheelchair and Ambulatory Games

Residence Inn Marriott Saddle River

7 Boroline Road
Saddle River, NJ 07458
Tel. 201-934-4144

Hotel Room Rate: \$109.00 + Tax (7% State Tax plus 8% Hotel Occupancy Tax)

Included in rate:

- Complimentary Wi-Fi in each guestroom
- Complimentary self-parking
- Complimentary Continental Breakfast

Hotel Room Rate Block Availability: May 27, 2016 to May 30, 2016

IMPORTANT: Hotel reservations must be made no later than **April 28, 2016.** A credit card is needed to guarantee each reservation. A form of payment is required at time of check-in to cover all anticipated charges

Hotel Room Types Available: One Bedroom Suite (1 Queen and Sofa Bed), Studio Queen Suite (1 Queen and Sofa Bed) or Studio King Suite (1 King and Sofa Bed).

Note: Residence Inn Marriott Saddle River does **NOT** have Double Queen Beds rooms

Online Reservation:

Click on this link below to make your hotel reservation:

http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=Tri-State%20Wheelchair%20Games%5EEWRSR%60TSWTSWA%60109.00%60USD%60false%603%605/27/16%605/30/16%604/28/16&app=resvlink&stop_mobi=yes

Hotel Reservations Contact:

Lori Brown, Sales / Account Manager
Phone: 201-934-4144
Group Code: Tri-State Wheelchair Games

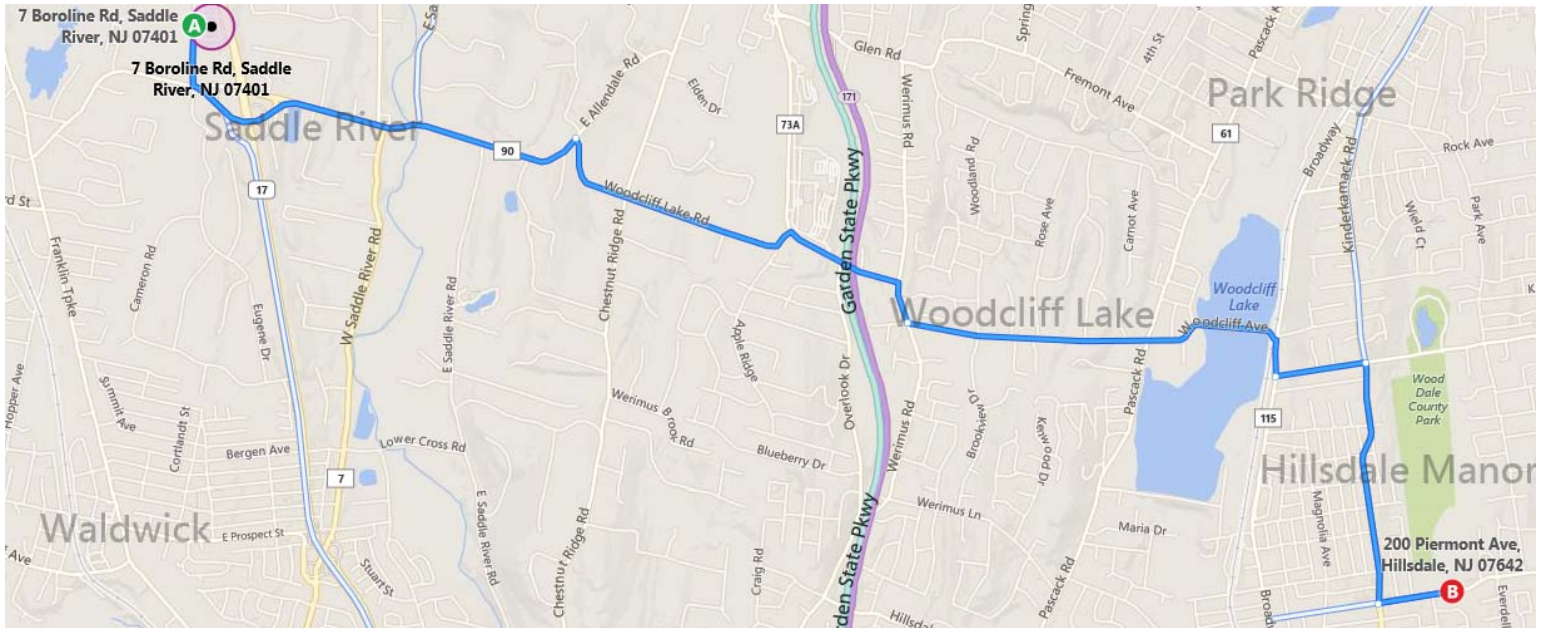
Note: Residence Inn Marriott Saddle River is also the host hotel for the Kessler Foundation Wheelchair 10K

Visit the Residence Inn Marriott Saddle River hotel's website for additional information

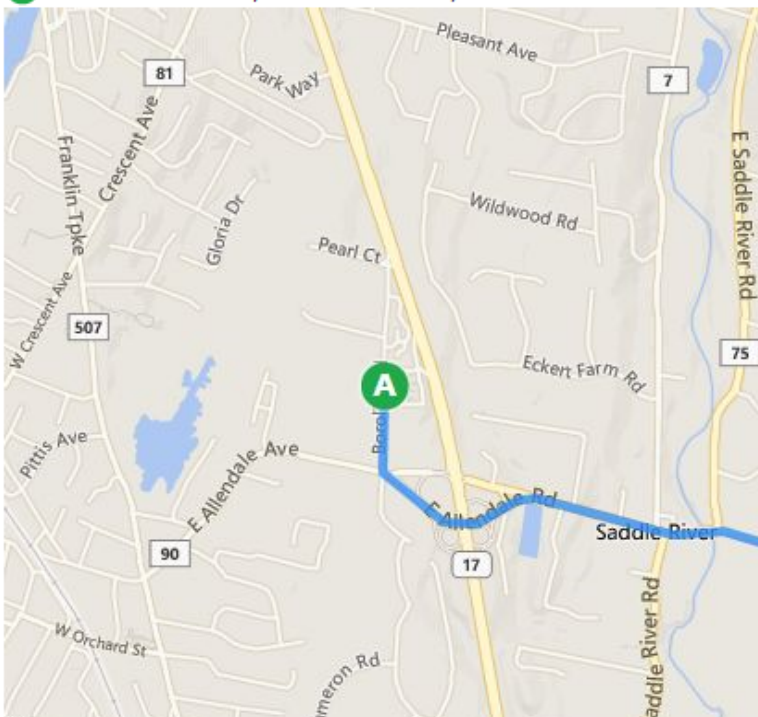
<http://www.marriott.com/hotels/travel/ewrsr-residence-inn-saddle-river/>

Directions from Residence Inn Marriott to Pascack Valley High School

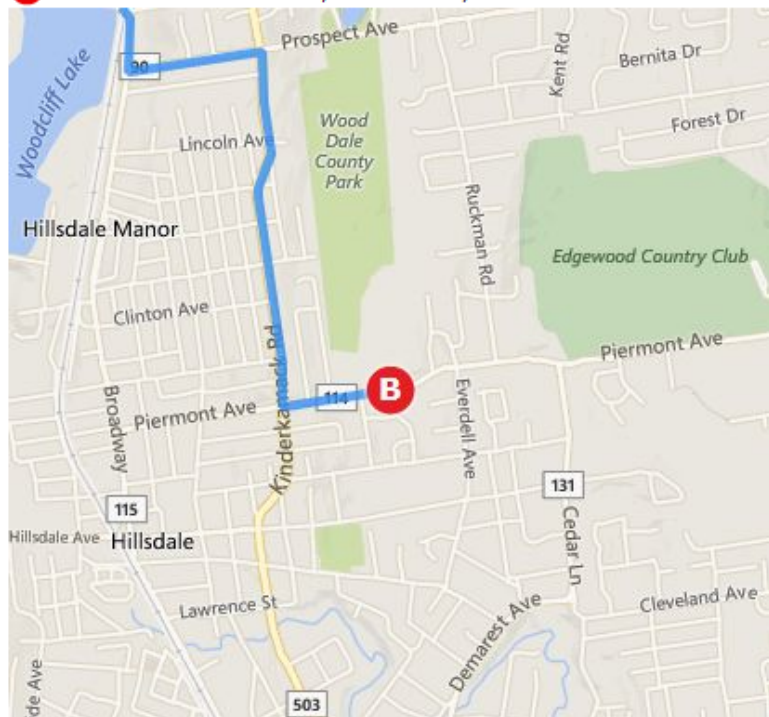
**Pascack Valley High School Address:
200 Piermont Ave
Hillsdale, NJ 07642**



A 7 Boroline Rd, Saddle River, NJ 07401



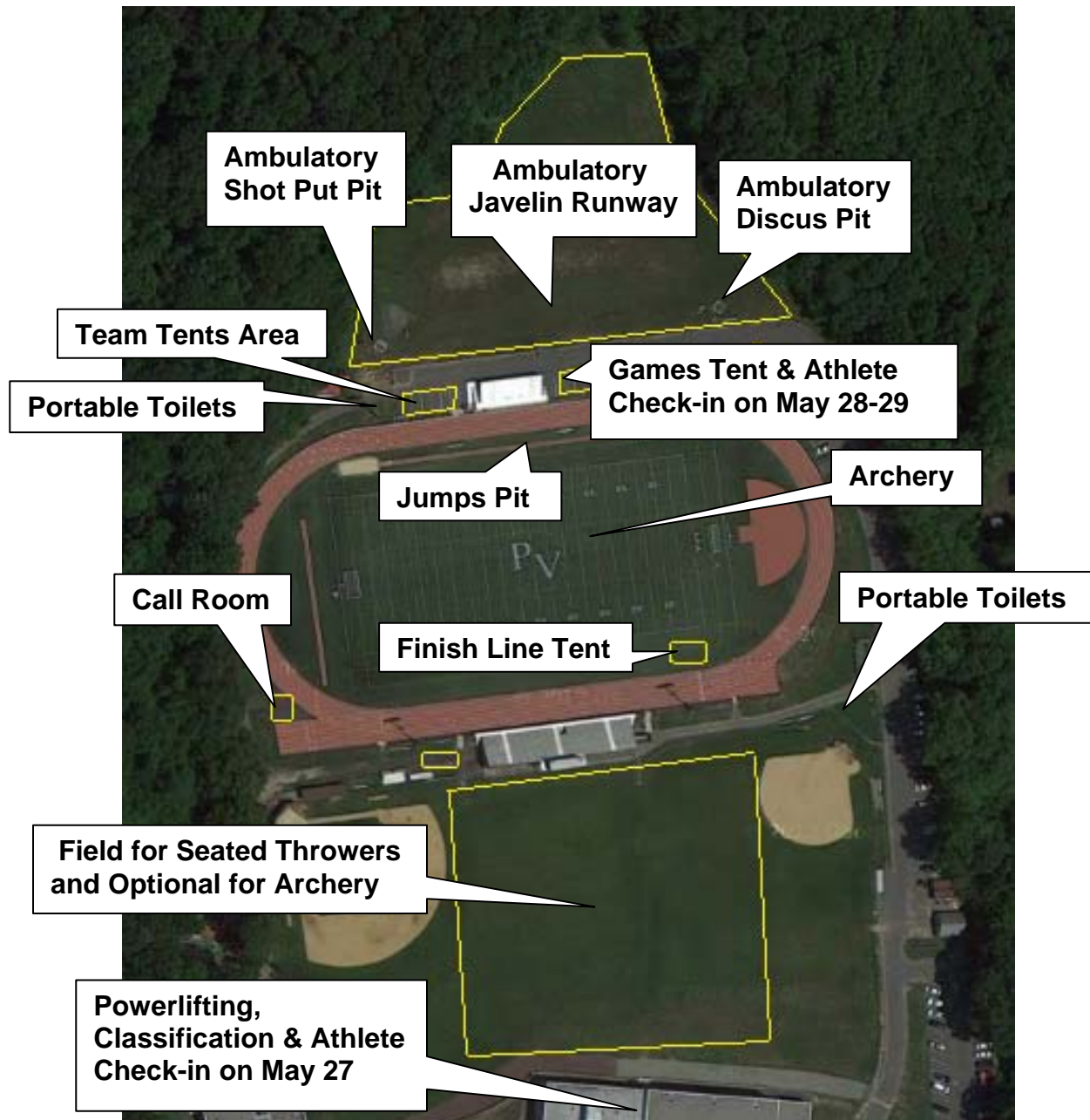
B 200 Piermont Ave, Hillsdale, NJ 07642



46th Tri-State Wheelchair and Ambulatory Games - May 27-29, 2016

↑	1. Depart Boroline Rd toward Vargish Way	0.2 mi
↶	2. Turn left onto E Allendale Rd / CR-90	1.5 mi
↷	3. Turn right to stay on Woodcliff Lake Rd / CR-90	1.5 mi
↶	4. Turn left to stay on Woodcliff Ave / CR-90	1.5 mi
↶	5. Turn left to stay on Prospect Ave / CR-90	0.3 mi
↷	6. Turn right onto Kinderkamack Rd / CR-503	0.9 mi
↶	7. Turn left onto Piermont Ave / CR-114	0.3 mi
	<p>Arrive at Piermont Ave / CR-114</p> <p>8. The last intersection is Cottage Pl If you reach Country Ln, you've gone too far</p>	

Event Map (Subject to Change)





16th Kessler Foundation Wheelchair 10K **WTFUSA National Wheelchair 10K Championship**



Kessler Foundation presents the 16th Annual Wheelchair 10K, the wheelchair division of the Fred d'Elia Ridgewood Run held on Memorial Day, Monday, May 30, 2016 in Ridgewood, NJ at Graydon Park & Pool – 218 Northern Pkwy, Ridgewood, NJ 07450. This year's race will again be sanctioned as the National Wheelchair Track and Field USA (WTFUSA) 10K Championship.

This event is one of the largest integrated races in the country, as wheelchair athletes compete on the same course, at the same time, as the runners. Racers compete for \$15,900 in cash prize awards! Wheelchair racers from around the world will kick-off the series of seven events that comprise the Fred d'Elia Memorial Day Ridgewood Run. With the support of the North Jersey Masters, the Kessler Foundation Wheelchair 10K has grown to one of the largest 10K's in the country. Other event sponsors include: Global Risk Consultants, Marriott® Residence Inn, and EZRide. The Wheelchair 10K begins at 8:15 am, with registration opening at 7 am. Registration is \$25 per racer. All participants will receive a commemorative t-shirt. Kessler Foundation will host a brief awards ceremony with refreshments immediately following the Wheelchair 10K.

The Kessler Foundation will be providing shuttle transportation between the host hotel Residence Inn Marriott Saddle River and Pascack Valley High School for the Kessler Wheelchair 10K registered athletes who will also register to participate in the Tri-State Wheelchair Games. The Kessler Wheelchair 10K Online registration closes on Thursday, May 21. If you wish to register after that date, please email the Kessler Wheelchair 10K Race Director, Angela Smith at ASmith@KesslerFoundation.org.

The Online application for the 16th Kessler Foundation 10K can be found at the following link:

<http://give.kesslerfoundation.org/events/wheelchair-10k-information-2016>

About Kessler Foundation:

Kessler Foundation is the largest public charity supporting people with disabilities. Kessler Foundation Research Center improves the quality of life for people with physical and cognitive disabilities through rehabilitation research in its six specialized laboratories under the leadership of noted research directors--Human Performance & Engineering Research, Neuropsychology & Neuroscience, Outcomes & Assessment Research, Spinal Cord Injury Research, Stroke Rehabilitation Research, and Traumatic Brain Injury Research. While the staff of each laboratory has expertise in a particular area, collaboration often enhances progress toward finding ways to overcome the obstacles faced by people with disabilities caused by brain injury, spinal cord injury, multiple sclerosis, stroke, arthritis, and other chronic neurological and orthopedic conditions.

Kessler Foundation Program Center focuses on solutions to address the persistently high rates of unemployment among people with disabilities. Through strategic funding and philanthropic leadership, Kessler Foundation has invested more than \$20 million in programs to increase the participation of individuals with disabilities in the workforce. Creating job opportunities through development, placement, employer education, and social enterprise has enabled greater independence and economic self-sufficiency. Kessler Foundation Program Center provides assistance to community organizations that create employment programs or integration opportunities for people with disabilities. Grant recipients include national and local organizations whose missions complement that of Kessler Foundation.

16th Kessler Foundation Wheelchair 10K – Prize Money Structure



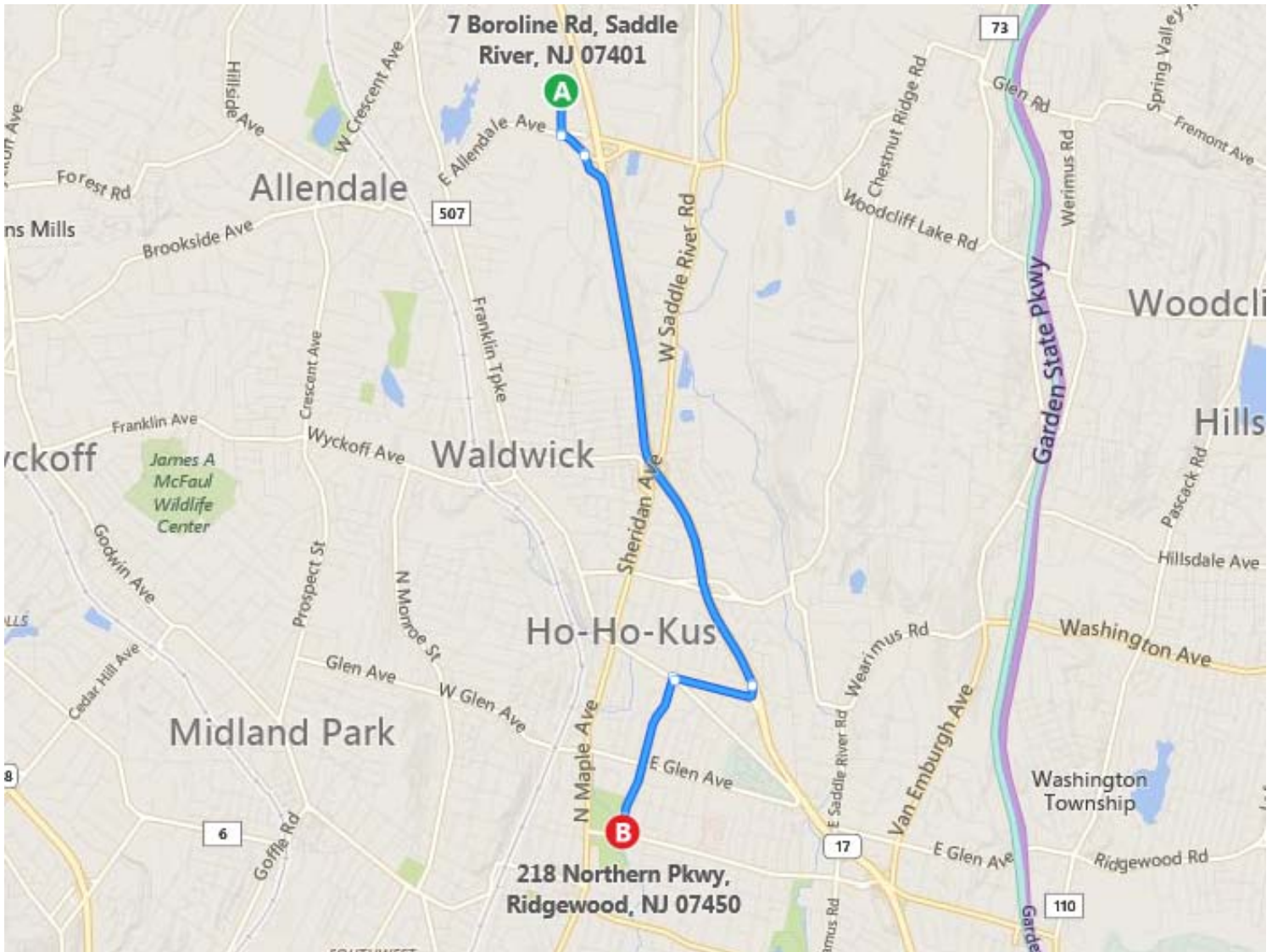
	<u>OPEN</u>		<u>OPEN QUAD</u>	<u>OPEN MASTERS</u>	<u>GRANDMASTERS</u>
	Male	Female			
1st	\$2000	\$2000	\$1000	\$1000	\$400
2nd	\$1000	\$1000	\$500	\$500	\$200
3rd	\$500	\$500	\$400	\$400	
4th	\$400	\$400	\$300	\$300	
5th	\$300	\$300	\$200	\$200	
6th	\$200	\$200			
7th	\$100	\$100			

	<u>E*ATHLETE</u>		<u>JUNIORS</u>	
	Male	Female	Male	Female
1st	\$300	\$300	\$200	\$200
2nd	\$150	\$150	\$100	\$100

- Masters must be 40 years of age or older on race day
- Grandmasters must be 50 years of age or older on race day
- E*Athletes must be at least 19, but under 22 on race day
- Juniors must be under 19 on race day

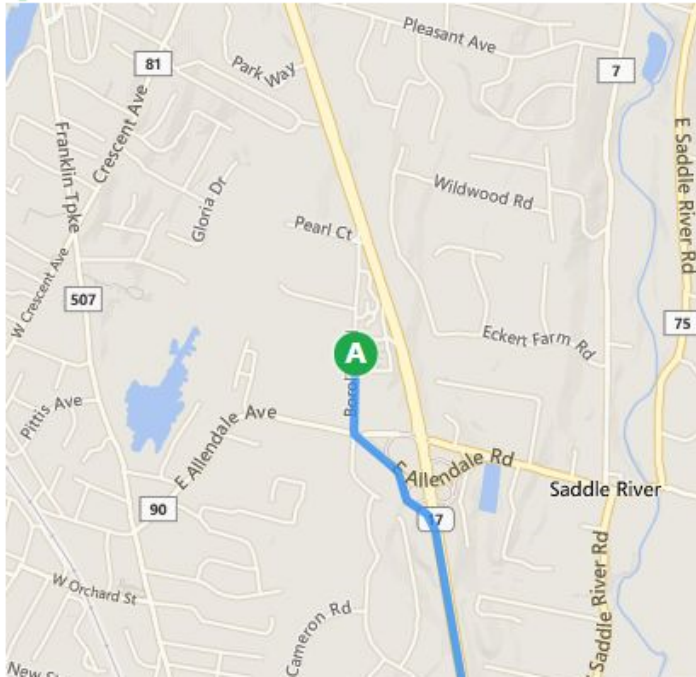
Directions from Residence Inn Marriott to Kessler Foundation Wheelchair 10K

GPS Address to Garydon Park & Pool:
218 Northern Pkwy
Ridgewood, NJ 07450

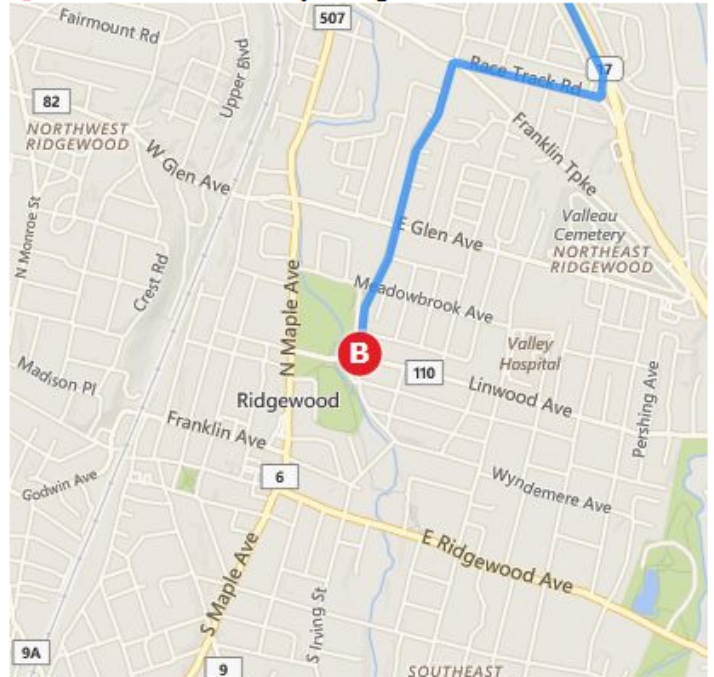


46th Tri-State Wheelchair and Ambulatory Games - May 27-29, 2016

A 7 Boroline Rd, Saddle River, NJ 07401



B 218 Northern Pkwy, Ridgewood, NJ 07450

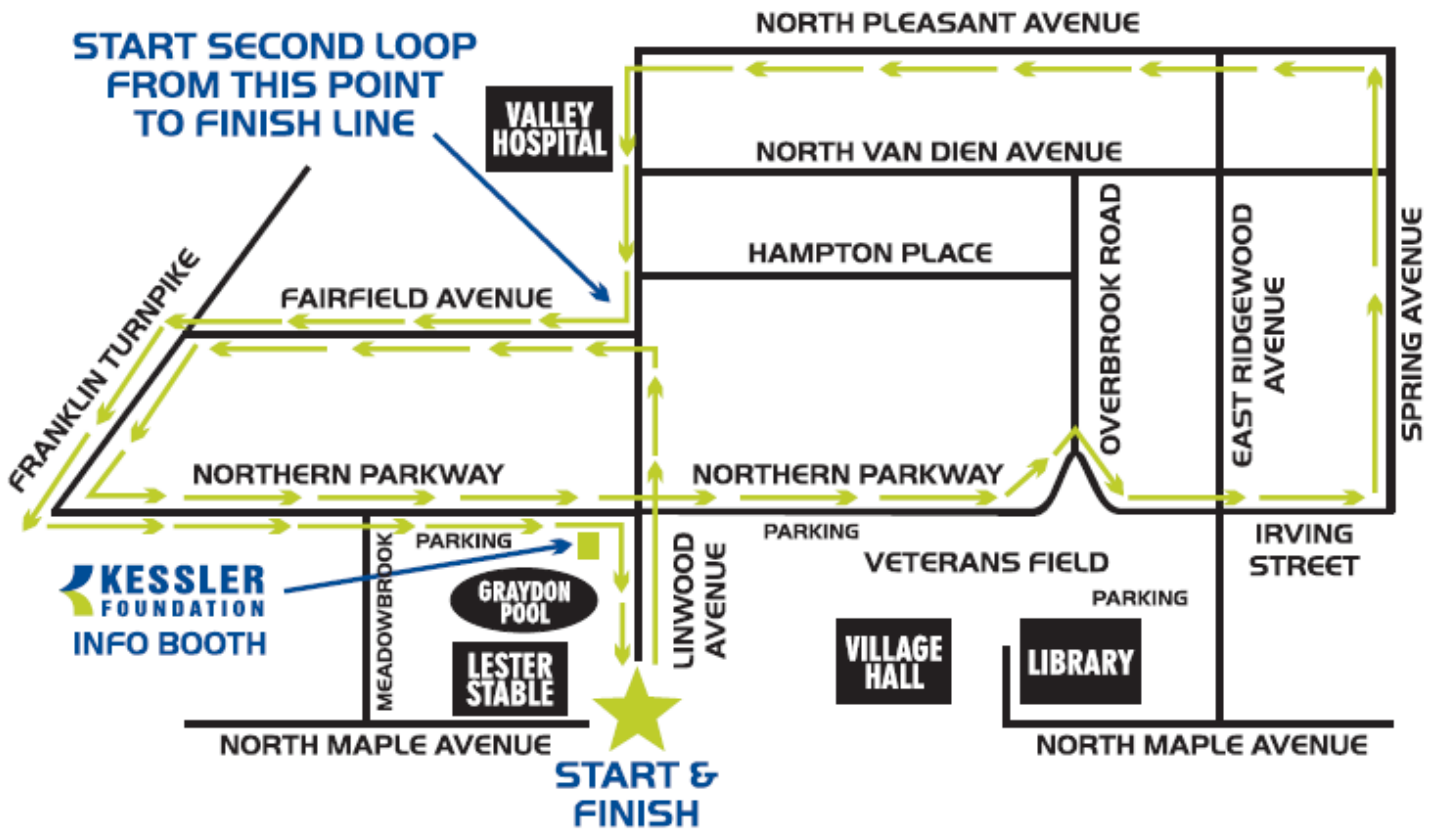


↑	1. Depart Boroline Rd toward Vargish Way	0.2 mi
↶	2. Turn left onto E Allendale Rd / CR-90	0.2 mi
17	3. Take ramp right for RT-17 South toward Paramus / Newark	2.8 mi
↗	4. Bear right , and then bear right onto Race Track Rd / CR-112A	0.5 mi
↑	5. Keep straight onto E Franklin Tpke / CR-112	43 ft
↶	6. Turn left onto Northern Pkwy	0.8 mi
7.	Arrive at Northern Pkwy If you reach Linwood Ave / CR-110, you've gone too far	

Kessler Foundation Wheelchair 10K Course Map



WHEELCHAIR 10K COURSE MAP



The course is best described as tree lined, flat and one of the fastest in the East.