

Schedule Of Events

9:00 am Registration Begins
 10:30 am 1 Mile Walk/Fun Run
 11:00 am 5 Mile Road Race
 11:30 am Refreshments
 12:00 pm Awards Ceremony

AWARDS

1 MILE RUN - TOP 3 OVERALL (MALE & FEMALE)
 5 MILE RUN - TOP 3 OVERALL (MALE & FEMALE)
 TOP MASTER 40+ (MALE & FEMALE)
 TOP 3 IN EACH AGE GROUP (MALE & FEMALE)

AGE GROUPS

14 & Under, 15-18, 19-29, 30-34, 35-39,
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+



Cash Drawing

\$200 & \$50 Prize
 All Entries Have A Chance To Win

BAG CHECK AVAILABLE

CONTACT

253 W. Westfield Ave.
 Roselle Park, NJ 07204



Ray or Tears 908-245-9422 Office 908-245-3000

Register Online at

PracticeHard.com

No Processing Fee

FEES

5 Mile Run Pre-Entry (11-25-04)
 \$18 With Long Sleeve
 (\$2. Discount to USATF-NJ Members)
 EXTRA Shirt \$10 Each



LONG SLEEVE

5 Mile Run Post-Entry
 \$20 With Long Sleeve
 While Supplies Last

WESTFIELD
MIDAS PracticeHard Mile / Fun Run

PRE-ENTRY \$10 With T-SHIRT
 POST-ENTRY \$13 With T-SHIRT (While Supplies Last)
 WESTFIELD YOUTH (14 & Under) \$8

DIRECTIONS

Directions From Parkway

Get Off At Exit 135 Follow Signs To Westfield
 At 2nd Light Make Left On To Terminal Ave
 At First Light Make Right On To Rahway Ave
 Make First Left On To Lamberts Mill Rd.
 Follow Road For Approx 1Mile
 Tamques Park Is On Your Right

PARKING

There are 200 Spots In The Park. The Park Will Be Open
 For Parking Until 10:20am.
 Additional Parking Can Be Found In The Lot Across From
 The Park Entrance And On Surrounding Streets.
 Race Officials Will Be On Site For Parking Assistance.
 Please Call If You Would Like A Parking Map Or Go To
 PracticeHard.com. (Map Is Attached To Application Link)

2004 Westfield Turkey Trot

Make Check Payable & Mail To: Sports A/R Westfield
 253 W. Westfield Ave. Roselle Park, NJ 07204

LAST NAME					
FIRST NAME					
BIRTH DATE	AGE	SEX			
EVENT	5 Mile 1 Mile		Long Sleeve Shirt		
	S	M	L	XL	2X

STREET			
CITY			
STATE	ZIP		
PHONE			
E-MAIL			
2004 USATF#			

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in The Westfield Turkey Trot Events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18