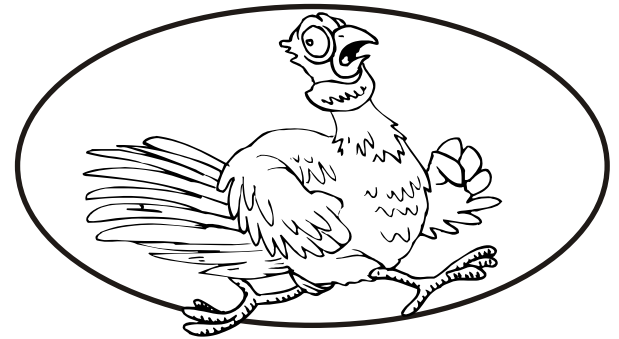


PracticeHard.com WESTFIELD 5 Mile TURKEY TROT

& Westfield **MIDAS** PracticeHard Mile

November 25, 2006
Tamaques Park, Westfield, NJ

1 Mile Run 10:30am
5 Mile Run 11:00am



Presented by
The Friends of Westfield Track & Field
& Sports Action/Reaction

AMENITIES

To First 600 To Register Online At PracticeHard.com

- Practicehard Tote Bag**
- No Online Processing Fees**
- Long Sleeve Shirt**
- Bag Check**
- Clocks at Every Mile**
- Hot Soup**
- Refreshments**
- Wheel Of Chance**
- Improved Parking**
- Improved Course**
- (2) \$100 Cash Drawing**

Have a
Great Run

Sports A/R
253 W. Westfield Ave.
Roselle Park, NJ 07204

Make Check Payable & Mail To: Sports A/R Westfield
546 E. Curtis St. Linden, NJ 07036

2006 Westfield Turkey Trot

FIRST NAME					
LAST NAME					
BIRTH DATE		A G E		S E X	
EVENT	<input type="checkbox"/> 5 Mile <input type="checkbox"/> 1 Mile		Long Sleeve Shirt		
	M	L	XL	2X	

STREET			
CITY			
STATE		ZIP	
PHONE			
E-MAIL			
2006 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

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
11:45 am 100m Backwards Run
12:10 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, 70-74,
75-79, 80+ and the Bill O'Brien age group

The first 600 online entries
in the 5 Mile Run at
www.practicehard.com
will receive a
PracticeHard tote bag

No online Processing Fee For This Event

CONTACT



253 W. Westfield Ave.
Roselle Park, NJ 07204

Rayro Tears Office 908-245-3000

 Register Online at

PracticeHard.com

NO PROCESSING FEE

FEES

5 Mile Run Pre-Entry (11-23-06)

\$16 USATF-NJ Member Online at www.practicehard.com
\$18 Online at www.practicehard.com
\$18 USATF-NJ By Mail
\$20 By Mail
With Long Sleeve Shirt

5 Mile Run Post-Entry

\$22 With Long Sleeve Shirt
While Supplies Last

WESTFIELD
 **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
Tamaques 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)



Cash Drawing

Two \$100 Cash Prizes
All Entries Have A Chance To Win

SPONSORS



The Friends of Westfield Track & Field
& Sports Action/Reaction



500 Points