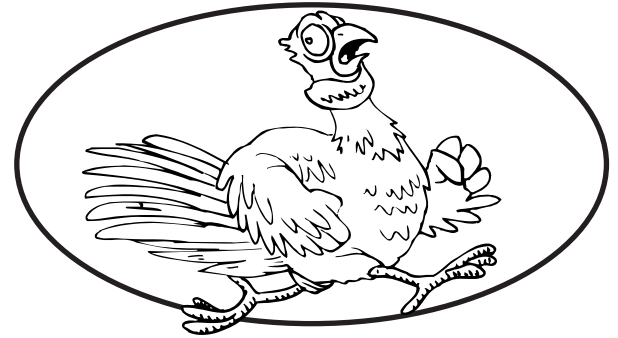


# PracticeHard.com WESTFIELD 5 Mile TURKEY TROT

& Westfield **MIDAS** PracticeHard Mile

November 24, 2007  
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

**Tote Bag**  
**NEW: Scored & Timed 1 Mile**  
**No Online Processing Fees**  
**Long Sleeve 5K Shirt**  
**Bag Check**  
**Clocks at Every Mile**  
**Hot Soup**  
**Refreshments**  
**Wheel Of Chance**  
**Improved Parking**  
**Improved Course**  
**NEW: Overall Prize Money**

Sports A/R  
546 E. Curtis Street  
Linden, NJ 07036

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

### 2007 Westfield Turkey Trot

|            |                                 |  |                    |    |                    |   |    |   |   |    |    |  |
|------------|---------------------------------|--|--------------------|----|--------------------|---|----|---|---|----|----|--|
| FIRST NAME |                                 |  |                    |    |                    |   |    |   |   |    |    |  |
| LAST NAME  |                                 |  |                    |    |                    |   |    |   |   |    |    |  |
| BIRTH DATE |                                 |  | A                  |    | S                  |   |    |   |   |    |    |  |
|            |                                 |  | G                  |    | E                  |   |    |   |   |    |    |  |
| EVENT      | <input type="checkbox"/> 5 Mile |  | 1 mile Shift Sizes |    | 5 mile Shift Sizes |   |    |   |   |    |    |  |
|            | <input type="checkbox"/> 1 Mile |  | YM                 | YL | M                  | L | XL | M | L | XL | 2X |  |

|        |  |  |  |  |  |  |  |  |  |  |     |
|--------|--|--|--|--|--|--|--|--|--|--|-----|
| STREET |  |  |  |  |  |  |  |  |  |  |     |
| CITY   |  |  |  |  |  |  |  |  |  |  |     |
| STATE  |  |  |  |  |  |  |  |  |  |  | ZIP |
| PHONE  |  |  |  |  |  |  |  |  |  |  |     |
| E-MAIL |  |  |  |  |  |  |  |  |  |  |     |

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. No Refunds if event is canceled because of conditions beyond our control.

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  
12:10 pm Awards Ceremony

### AWARDS

5 MILE RUN - TOP 3 OVERALL (MALE & FEMALE)  
1st \$100 - 2nd \$75 - 3rd \$50

TOP MASTER 40+ (MALE & FEMALE)  
TOP 3 IN EACH AGE GROUP (MALE & FEMALE)

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

### AGE GROUPS

#### 5 MILE RUN

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

#### 1 MILE RUN

6 & Under, 7-8, 9-10, 11-12, 13-14

The first 600 online entries  
in the 5 Mile Run at  
[www.practicehard.com](http://www.practicehard.com)  
will receive a tote bag!

No online Processing Fee For This Event

 Register Online at

**PracticeHard.com**

NO PROCESSING FEE

### FEES

#### 5 Mile Run Pre-Entry (11-21-07)

\$20 With Long Sleeve Shirt  
\$18 USATF-NJ Member

#### 5 Mile Run Post-Entry

\$25 With Long Sleeve Shirt  
While Supplies Last

WESTFIELD

**MIDAS PracticeHard Mile / Fun Run**

PRE-ENTRY \$12 With T-SHIRT

POST-ENTRY \$15 With T-SHIRT (While Supplies Last)  
WESTFIELD YOUTH (14 & Under) \$10

### 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  
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.

Parking Is available On Surrounding  
Streets Near Tamaques.  
Race Officials Will Be On Site For Parking Assistance.

The 2007 Westfield 5 Mile Turkey Trot  
is dedicated to the memory of our friend  
**Marvin Allen**

## SPONSORS

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



### CONTACT



Rayro Tears Office 908-245-3000