

TURKEY TROT

2009 ENTRY FORM

.....
Last Name

.....
First Name

.....
Street Address

.....
City State Zip

.....
Phone Date of Birth

.....
Age (on Race Day) Gender

.....
Email Address

.....
USATF-NJ#

MAKE CHECKS PAYABLE AND MAIL TO:

INTERFAITH FOOD PANTRY
c/o Sports A/R
546 E. Curtis Street
Linden, NJ 07036

 Register Online at

PracticeHard.com

No Processing Fee



NORTHMARQ



BENEFITTING THE INTERFAITH FOOD PANTRY
& LITERACY VOLUNTEERS OF MORRIS COUNTY

TURKEY TROT

INTERFAITH FOOD PANTRY
540A WEST HANOVER AVE.
MORRISTOWN, NJ 07960

3RD ANNUAL MORRIS TOWNSHIP
THANKSGIVING DAY 5K

TURKEY TROT



& 1 MILE WALK/FUN RUN

Thursday, November 26, 2009

5K/1-MILE @ 8:30AM

Kid's Trot @ 9:15AM

Ginty Field Complex
Morris Township, NJ 07960

DJ ENTERTAINMENT!

REFRESHMENTS!

CUSTOM SHIRTS!

PRIZES & AWARDS!

500 POINT USATF-NJ GRAND PRIX 5K!

NO ADDITIONAL ONLINE PROCESSING FEE!

...and more!

PROCEEDS TO BENEFIT:



**INTERFAITH
FOOD PANTRY**

Serving Morris County

"Neighbors Helping Neighbors."



www.lvamorris.org

TURKEY TROT

DATE & LOCATION:

Thursday, November 26, 2009 ****RAIN OR SHINE****
 Ginty Field Complex,
 Morris Township, NJ 07960

SCHEDULE:

7:00am Registration
 8:30am 5K Run & 1-Mile Walk / Fun Run
 9:15am Kid's Trot (12 yrs & under)
 9:30am Awards Ceremony

COURSE:

5K: USATF Certified. Fast loop on scenic residential streets. Water stops. 500 point Grand Prix.
1-Mile: Out and back on part of the 5K course.
Kid's Trot: Kids 12 and under sprint varied distances on the lawn at Ginty Field

AWARDS (MALE & FEMALE):

5K: Top 3 Overall Winners (Male & Female)
 Top 3 Age Group Winners (Male & Female)
 Age Groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, through 75 and over
 1 Mile/Kids' Trot - Ribbons to all Participants

AMENITIES:

DJ Entertainment, Refreshments, Custom Shirts, Prizes, Awards, 500 point USATF-NJ Grand Prix 5K, No online processing fees

DIRECTIONS VIA I-287 NORTHBOUND

- Exit 35, turn RIGHT onto South Street and proceed past traffic light
- Make a LEFT onto Woodland Avenue
- Follow race parking signs, Ginty Field will be on the RIGHT across from police headquarters

DIRECTIONS VIA ROUTE 124 EAST OR WEST

- Proceed to South Street
- Crossover Route 287
- After traffic light, make a LEFT onto Woodland Ave
- Follow race parking signs, Ginty Field will be on the RIGHT across from police headquarters

DIRECTIONS VIA I-287 SOUTHBOUND

- Exit 35, at traffic light at end of the ramp make a RIGHT onto Madison Avenue
- Make a LEFT at light onto South Street
- Go through one traffic light, make a LEFT onto Woodland Ave
- Follow race parking signs, Ginty Field will be on the RIGHT across from police headquarters

FOR EVENT INFORMATION PLEASE CALL
 SPORTS A/R AT 908-245-3000

WHO BENEFITS FROM THIS RACE?

All proceeds from this event go to support the following community organizations

Literacy Volunteers of Morris County

Promotes increased literacy and fluency in English for adult learners through the use of dedicated, trained volunteers and support staff. The organization currently has approximately 500 students and 300 tutors, having doubled its size in less than eight years.
WWW.LVAMORRIS.ORG

Interfaith Food Pantry

Provides supplemental and emergency food to eligible Morris County residents in need. The pantry currently distributes more than 15,000 pounds of food every week and provides assistance to more than 1,800 households. The IFP provides hands on opportunities for neighbors to help neighbors and educates the public about the issues of hunger in our area. **WWW.MCIFP.ORG**

..... **SPONSORED BY**



NORTH JERSEY DEVELOPMENT GROUP, INC.



www.lvamorris.org



Care Environmental
 Remediation Services, Inc.



**INTERFAITH
 FOOD PANTRY**
 Serving Morris County

"Neighbors Helping Neighbors."

Register Online at

PracticeHard.com

No Processing Fee

2009 ENTRY FEES & INFO

PLEASE CHECK ALL APPROPRIATE BOXES

EVENT SELECTION

- 5K
 1-Mile Fun Walk
 Kid's Trot

ENTRY FEE SELECTION

- 5K / 1-Mile by Nov. 20 - \$22.00 \$
- 5K / USATF-NJ Members - \$20.00 \$
- 5K / 1-Mile After Nov 20/Race Day - \$25.00 \$
- Kid's Trot (12 & Under) - \$10.00 \$
- Please Accept my tax-deductible donation \$
- Total Amount Enclosed** \$

T-SHIRT SIZE SELECTION

- Adult#M#L#XL#XXL
 Kid#M#L

(T-shirts are included with each entry and are guaranteed to pre-registrants, but on a first-come, first served basis to race day registrants)

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against LVMC or IFP, Township of Morris, Morris County Parks Commission, Sports A.R., LLC, and any and all parties, Groups, organizations, volunteers, sponsors and (or) any representatives involved in the Morris Township Thanksgiving Day 5K Turkey Trot & 1-Mile Walk/ Fun Run for any and all injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event. In case of an Act of God there will be no refunds. I also acknowledge that I must return the timing chip at the event or I will be required to pay an additional \$35.00 fee.

.....
 Signature

.....
 Date

.....
 Signature of Parent / Guardian if under 18 years of age

PLEASE BE SURE TO COMPLETE BOTH SIDES OF THE ENTRY FORM