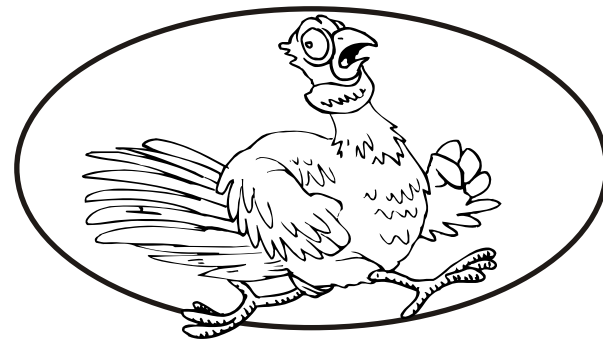


PracticeHard.com WESTFIELD 5 Mile TURKEY TROT

& Westfield PracticeHard Mile

November 28, 2009
Tamaques Park, Westfield, NJ

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



Presented by
Sports Action/Reaction

AMENITIES

No Online Processing Fees
Custom Shirt
Bag Check
Clocks at Every Mile
Hot Soup
Refreshments
Wheel Of Chance
Residential Course
Overall Prize Money
Scored & Timed 1 Mile

2009 Westfield Turkey Trot

FIRST NAME												
LAST NAME												
BIRTH DATE												
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		

Make Check Payable & Mail To: Sports A/R Westfield

546 E. Curtis St. Linden, NJ 07036



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

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 Fun Run/Walk
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 Bills' Award

1 MILE RUN

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

CONTACT



Ray or Tears Office 908-245-3000

No online Processing Fee For This Event

Register Online at

PracticeHard.com

NO PROCESSING FEE

FEES

5 Mile Run Pre-Entry
(11-26-09)

\$22 With Shirt
\$20 USATF-NJ Member

5 Mile Run Post-Entry

\$25 With Shirt
While Supplies Last

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.

DON'T MISS THIS ONE

Presented by
Sports Action/Reaction

October BeerFest on October 31st - 5K

& Ringshoes Tournament

Something Like Horseshoes

October 31, 2009 -11:00am

Rahway Park

Rahway, NJ



"Here's to Me!"

CHECK OUT THESE RACES

October BeerFest 5k on 10/31/09
Garden State Plaza 5k on 11/8/09
Goodwill 5k Race Against Hunger on 11/14/09
Morris Township 5k Turkey Trot on 11/26/09

SPONSORS

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