

2013 ENTRY FORM - ONE FORM PER PERSON

Event: []5K []1 Mile Walk/Run []Kids' Trot

First Name _____ Last Name _____

Gender _____ Date of Birth _____ Age(on race day) _____

Address _____

City, State, Zip _____

Phone _____ Email _____

2013 USATF-NJ # _____

Adult Sizes: []Sm []Med []Lg []XL []XXL

Youth Sizes: []Medium []Large

T-Shirts are guaranteed to the first 2,500 registrants.

5K/1M by 11/20 (mail), 11/26 (online) \$25 \$ _____
 5K USATF-NJ (by above dates) \$22 \$ _____
 5K/1M on event day \$30 \$ _____
 Kids' Trot (12 & under) \$10 \$ _____
 Please accept my tax-deductible donation of: \$ _____
 Total amount enclosed: \$ _____

Checks payable to: Interfaith Food Pantry
 Mail to: 253 W. Westfield Ave., Roselle Park, NJ 07204

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, IFP, Twp. 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 Twp. Thanksgiving Day 5K/1M Turkey Trot events for any and all injuries that may be suffered by me in this event. I certify that I am physically able to participate in this event. I agree to abide by and cooperate with the race officials' instructions & decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, baby joggers, and similar devices are not allowed on the course; and my entry fee is non-refundable for any/all reasons including unavoidable event cancellation/rescheduling. By providing my email address I agree to receive emails regarding this or similar events by LVMC/IFP/Sports A/R. I grant full permission to use any photos, video, recording, or other record of my attendance at this event for legitimate purposes without compensation or remuneration.

Signature (parent if under 18) _____ Date _____



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



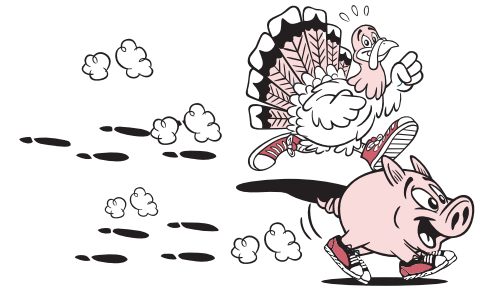
Thank you to our Title Sponsor



7th Annual Morris Township Thanksgiving Day 5K

TURKEY TROT
2013

& 1 Mile Fun Walk/ Run



Thursday, November 28, 2013
 5K - 8:30 a.m. 1M - 8:40 a.m.
 Kids' Trot - 9:15 a.m.

Ginty Field Complex, Woodland Ave.
 Morris Township, NJ

5K Run & 1 Mile Fun Walk/Run
 Kids' Trot on the Lawn
 Turkey Tee
 DJ Entertainment
 Refreshments
 5K Awards
 500 Point USATF-NJ Grand Prix

Benefitting





DATE & LOCATION

Thursday, November 28, 2013 **RAIN OR SHINE**
Ginty Field Complex, Morris Township, NJ

SCHEDULE

7:00 a.m. Packet Pick-up & New Registration
8:30 a.m. 5K Run
8:40 a.m. 1 Mile Fun Walk/Run
9:15 a.m. Kids' Trot (12 years & under)
9:30 a.m. Awards Ceremony

COURSES

5K: Improved 5K Course with Runner Friendly Start, USATF Certified, Fast Loop on scenic residential streets, Water stop, Mile clocks, 500 USATF-NJ Grand prix points.
1 Mile: Easy and flat out and back on part of the 5K course
Kids' Trot: Kids 12 & younger sprint varied distances on the lawn at Ginty Field.

AWARDS & SCORING

5K Awards: Top 3 overall winners (male and female)
Top 3 age group winners (m/f - 5 year)
Ages: 14 & under, 15-19, 20-24, 25-29, etc. up to 85+
Scoring & Timing: Best Racing System, B-Tag technology
Both Gun & Chip time provided; Awards by Gun time
Results: www.bestrace.com
Kids' Trot: Ribbons to all participants

AMENITIES: DJ, Refreshments, Turkey Tee, Awards & More!

GPS ADDRESS/DIRECTIONS

49 Woodland Ave., Morris Twp, NJ (Police HQ next to field)
From 287: Take exit 35 onto South St. (Northbound - right at light; Southbound - bear right on Madison, left at light)
Turn left on Woodland Ave., Ginty Field is 1/4 mile on right.
Follow "Parking" signs and officials.

CONTACT & REGISTRATION

For event information, call Sports A/R at 908-245-3000.
Register online with credit card or via mail with check.

I am participating in the Turkey Trot to raise funds to help feed and educate Morris County residents. Will you help me with a tax-deductible contribution?

Participant Name _____

Sponsor Name & Address	Amount	Matching Gift

*Make donation check(s) payable to your choice:
Literacy Volunteers of Morris County or
Interfaith Food Pantry (splitting is okay!)
Funds will be donated directly to the charity you choose.*

Would you like to help us feed and educate more people at NO cost to you?

Create your own personalized fundraising page online and ask your friends and colleagues to sponsor your run or walk. The money will be automatically sent to us.
Fast, free, and easy!

Create an online fundraising page at:
www.firstgiving.com/17269
for the Interfaith Food Pantry

or
www.firstgiving.com/41763
for the Literacy Volunteers of Morris County

You can also track sponsors using this form. Donations are fully tax-deductible. Direct contributions to either organization can be made by mailing a check to their address or visiting their websites.



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. Each year our more than 350 tutors help almost 1,000 individuals improve their ability to read, write, and speak English, so that they are able to work, raise their children, and live healthy, independent, and productive lives.
www.lvamorris.org 10 Pine St., Morristown, NJ 07960



Interfaith Food Pantry
Serving Morris County



Interfaith Food Pantry

Provides supplemental and emergency food to eligible Morris County residents in need. The pantry currently distributes more than 17,000 pounds of food every week and provides assistance to 12,000 people a year. 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 2 Executive Drive, Morris Plains, NJ 07950

Thank you to our Title Sponsor
Visit The Sweetie Pig Foundation
at www.SweetiePig.org

