

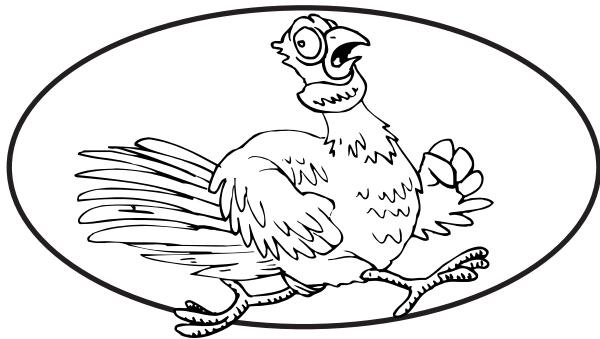
PracticeHard.com

# WESTFIELD 5 Mile TURKEY TROT

& Westfield PracticeHard Mile

November 26, 2011

Tamaques Park, Westfield, NJ



For information:  
908-245-3000 or  
tears@practicehard.com

## Schedule of Events

9:00 am Registration Begins  
 10:30 am 1 Mile Fun Run/Walk  
 11:00 am Refreshments  
 11:15 am 5 Mile Road Race  
 11:20 am 1 Mile Awards Ceremony  
 12:30 pm 5 Mile Awards Ceremony



**Brand NEW! Rent-A-Tent Program**  
 Claim your very own spot at the Trot.  
 \$75 gets your group a 10'x10' tent with  
 tables and chairs - plus we'll pre-package  
 your group's registration materials!

**Customize your Shirt!**  
 Add your name to the back of  
 your Trot shirt for only \$10!

## Awards and Age Groups

5M: Top 3 overall m/f (1-\$100, 2-\$75, 3-\$50)  
 Top master 40+ overall m/f  
 Top 3 in 5 year age groups m/f  
 (14 & under, 15-19, 20-24 through 80+)  
 1M: Top 3 overall m/f; top 3 in age groups m/f  
 (6 & under, 7-8, 9-10, 11-12, 13-14)

## Registration Fees

5 Mile by 11/24 online or 11/20 by mail:  
 \$23, \$21 for Military or USATF-NJ  
 1 Mile by 11/24 online or 11/20 by mail:  
 \$12, \$10 (Westfield 14 & under)  
 (above prices include event shirt)  
 Event Day: 5 Mile - \$25; 1 Mile - \$15  
 (shirts are while supplies last to event day entrants)

## Featuring:

Enjoy custom shirts, bag check, clocks at  
 every mile, hot soup & refreshments,  
 Wheel of Chance, residential course,  
 and no online processing fees!

Register Online at

PracticeHard.com

NO PROCESSING FEE

Fun new Add-ons!

Rent-A-Tent \$75 \_\_\_\_\_

Customize your shirt \$10  
(Write name clearly, all caps)

## 2011 Westfield Turkey Trot

FIRST NAME	▶											
LAST NAME	▶											
BIRTH DATE	▶			AGE	▶			SEX	▶			
EVENT	<input type="checkbox"/> 5 Mile		1 mile Shirt Sizes				5 mile Shirt Sizes					
	<input type="checkbox"/> 1 Mile		YM	YL	S	M	L	XL	S	M	L	XL

Make Check Payable & Mail To: Sports A/R Westfield  
 253 W. Westfield Ave. Roselle Park NJ 07204

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 Sports A.R., LLC and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in October Beer Fest and/or Westfield Turkey Trot for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the instructions/decisions of the race officials and understand that safety is the top priority of this event. I understand that dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course. I understand that my entry fee is non-refundable.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18