

**29th Annual**  
**WESTFIELD 5 Mile TURKEY TROT**  
**& PracticeHard Mile**  
**Tamaques Park, Westfield, NJ**



**Sometimes you eat the Turkey....  
 and sometimes the Turkey....  
 well he eats you.**

**Saturday, November 24, 2012**  
**1M - 10:30 a.m. 5M - 11:15 a.m.**  
**NEW! Costume Crawl - 11:00 a.m.**

**www.WestfieldTurkeyTrot.com**

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



**2012 Westfield Turkey Trot**

**Checks To: Sports A/R 253 W. Westfield Ave. Roselle Park NJ 07204**

FIRST NAME	▼													
LAST NAME	▼													
BIRTH DATE	▼		A		▼		Male		▼		5 Mile			
	E		G		▼		Female		▼		1 Mile			
Please DO NOT send my included subscription to Runners's World. <input type="checkbox"/>			1 Mile Shirt Sizes				5 Mile Shirt Sizes							
			WM	YL	S	M	L	XL	S	M	L	XL	2XL	
Add my name to my shirt (\$10)/name & # (\$15) ▼														

STREET	▼
CITY/ST/ZIP	▼
PHONE	▼
E-MAIL	▼
CLUB NAME	▼
2012-USATF-NJ#	▼
I would like to Rent-A-Tent (\$75). Group Name: ▼	

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 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 my entry fee is non-refundable. I agree to pay the \$3 replacement fee if I lose my electronic bib number. 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

DATE

SIGNATURE OF PARENT IF UNDER 18



## Saturday, November 24th

- 9:00 am Registration Opens
- 10:30 am PracticeHard Mile Begins
- 11:00 am NEW! Costume Crawl - Free!
- 11:15 am 5 Mile Road Race Begins
- 11:20 am PracticeHard Mile Awards
- 12:30 pm 5 Mile Awards Ceremony

### Awesome Sauce!

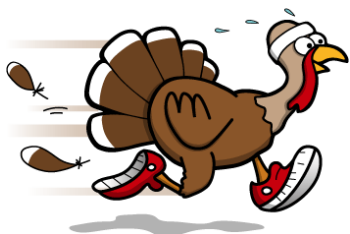
NEW! Delicious Refreshments by Chef Roscoe!  
Runners World 1-yr subscription included!  
NO online processing fees at PracticeHard.com!  
B-Tag Timing for 5M & 1M by BestRace.com!  
Wheel Of Chance! Bag Check Available!  
Clocks at Every Mile, Residential Course!  
Promo video to be shot by John Jae Videography!  
Free Face Painting!

## 3-4-5 Runs!

### Free Practice Runs on the Course

Meet in Tamaques Park on:

- 9/29/2012 3 Mile Run
- 10/20/2012 4 Mile Run
- 11/10/2012 5 Mile Run



Check for new info & more details on  
[www.WestfieldTurkeyTrot.com](http://www.WestfieldTurkeyTrot.com)

The Westfield Turkey Trot proudly supports:  
The Friends of Westfield Track & Field  
The Westfield High School Art Club  
Westfield Volunteer Rescue Squad

Register Online at

**PracticeHard.com**

No Processing Fee



### ENTRY FEES

#### 5 Mile Run

\$23 by 11/22 with Long Sleeve Shirt included  
(\$21 USATF-NJ or Military w/ ID)  
\$28 on Event Day (shirts while supplies last)

#### PracticeHard Mile - Fun Run/Walk

\$12 by 11/22 with T-Shirt included  
(\$10 Westfield youth 14 & under)  
\$15 on Event Day (T-Shirt while supplies last)

### AWARDS

#### 5 Mile Run

Top 3 Overall (M/F); Top Master 40+ (M/F)  
Top 3 in 5 Year Age Groups (M & F):  
14 & under, 15-19, 20-24, 25-29, through 85+  
The Bills' Award

#### PracticeHard Mile - Fun Run/Walk

Top 3 Overall (M/F); Top 3 in Age Groups (M/F):  
6 & under, 7-8, 9-10, 11-12, 13-14

5M & 1M officially timed/scored by  
BestRace.com using B-Tag technology.  
Instant results at BestRace.com/Mobile.

#### Directions From Parkway & Parking

Take exit 135; Follow signs to Westfield; Left at 2nd light on to Terminal Ave.; Right at 1st light on to Rahway Ave.; First left on to Lamberts Mill Rd.; Tamaques Park entrance is about 1M on your right; The Park will be open for parking until 10:15 a.m. or until full. Event staff will direct you to nearby street parking after this time.

NEW! Club Competition  
Top 3 teams WIN Sports A/R gift certificates (\$1100 total) towards rentals, screen printing, or event services.  
Details on how to win coming soon!

Customize your Shirt!  
Your name on the back of your Trot shirt!  
Only \$10 for name; \$15 for name and #!  
Ask us about custom team shirts!

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

### You've got Questions... We've Got Answers.



Sports A/R: Ray or Tears  
908-245-3000

[tears@practicehard.com](mailto:tears@practicehard.com)

[www.WestfieldTurkeyTrot.com](http://www.WestfieldTurkeyTrot.com)

[Facebook.com/WestfieldTurkeyTrot](https://www.facebook.com/WestfieldTurkeyTrot)



Don't Miss The...

## October BeerFest 5k

Join us 4 weeks  
before the Trot!

October 27, 2012  
Rahway River Park  
Rahway, NJ  
[PracticeHard.com](http://PracticeHard.com)



"Here's to Me!"