

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
Serving Morris County

Interfaith Food Pantry

Provides supplemental and emergency food to eligible Morris County residents in need. The pantry currently distributes more than 14,000 pounds of food every week and provides assistance to almost 5,000 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

Title Sponsor



THE SWEETIE PIG FOUNDATION
SPREADING JOY AND HAPPINESS

Platinum sponsors



INTERFAITH FOOD PANTRY
5404 WEST HANOVER AVE.
MORRISTOWN, NJ 07 960

TURKEY TROT
BENEFITTING THE INTERFAITH FOOD PANTRY
& LITERACY VOLUNTEERS OF MORRIS COUNTY



Presents



Thursday, November 24, 2011
5K/1-Mile @ 8:30AM / Kids' Trot @ 9:15 AM

Ginty Field Complex
Morris Township NJ

DJ ENTERTAINMENT
REFRESHMENTS
CUSTOM SHIRTS
AWARDS
500 POINT USATF-NJ GRAND PRIX 5K
NO ADDITIONAL FEES TO REGISTER ONLINE
...and more
BENEFITTING



Interfaith Food Pantry
Serving Morris County



TURKEY TROT

DATE & LOCATION:

Thursday, November 24, 2011 **RAIN OR SHINE*
Ginty Field Complex, Morris Township, NJ

SCHEDULE:

7:00am Registration
8:30am 5K Run, 8:40am 1-MileFun Walk/Run
9:15am Kids' 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 80 and older
Kids' Trot- Ribbons to all participants

AMENITIES:

DJ Entertainment, Refreshments, Custom Shirts, Awards, 500 point USATF-NJ Grand Prix 5K

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 is on the RIGHT across from Police Headquarters

DIRECTIONS VIA 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 the end of the ramp make a RIGHT onto Madison Avenue
- Make a LEFT 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.

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.
It's fast, it's free, and easy to do!

Visit

www.firstgiving.com/17269

to create a page for the Interfaith Food Pantry

or

www.firstgiving.com/41763

for the Literacy Volunteers of Morris County

and follow the simple step-by-step instructions, or you can download a contribution tracking sheet from the websites listed below.



www.lvamorris.org



Interfaith Food Pantry
Serving Morris County

www.mcifp.org



PracticeHard.com

No Processing Fee

For event information, please call Sports A/R at 908-245-3000

2011 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 _____

_____email_____

Phone _____

USATF-NJ# _____

5K / 1 Mile by Nov. 19 \$25.00 \$ _____

5K / USATF-NJ Members by 11/19- \$23.00 \$ _____

5K / 1 Mile after Nov. 19 - \$30.00 \$ _____

Kids' Trot (12 and under) - \$10.00 \$ _____

Please accept my tax-deductible donation \$ _____

Total amount enclosed: \$ _____

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.

Adult: _____ #M _____ #L _____ #XL _____ #XXL

Kids: _____ #M _____ #L

MAKE CHECKS PAYABLE to **Interfaith Food Pantry** & mail to:

Interfaith Food Pantry c/o Sports A/R
546 E. Curtis Street, Linden, NJ 07036

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. I certify that I am physically able to compete in this event. I understand that my entry fee is non-refundable. I agree to pay the \$3 replacement fee if I am to lose, damage, or misplace my electronic bib number. I understand that dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course.

Signature _____ Date _____

(parent signature if under 18) _____