

**30th Anniversary**  
**WESTFIELD 5 Mile TURKEY TROT**  
**& PracticeHard Mile**

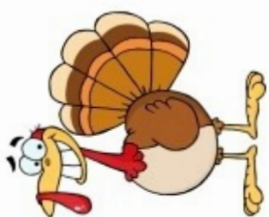
**Tamaques Park, Westfield, NJ**

**Saturday, November 30, 2013**  
**1M - 10:30 a.m. 5M - 11:15 a.m.**



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

**www.WestfieldTurkeyTrot.com**



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

**2013 Westfield Turkey Trot**

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

FIRST NAME															
LAST NAME															
BIRTH DATE	A		G		E		Male		Female		5 Mile		1 Mile		
1 Mile Shirt Sizes													5 Mile Shirt Sizes		
YM			YL		S		M		L		XL		2XL		
Add my name to my shirt (\$10)/name & # (\$15)															

STREET														
CITY/ST/ZIP														
PHONE														
E-MAIL														
2013-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 Action Reaction LLC, Sports A.R. LLC, and any and all parties, groups, organizations, volunteers, sponsors, and/or any representatives involved in the Westfield Turkey Trot events for any and all injuries which I may suffer as a result of my participation 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 and decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, 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 hereby authorize Sports Action Reaction LLC or Sports A.R. LLC to send me emails regarding this or similar events. I agree to pay the \$5 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 30th

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

### Awesome Sauce!

Hot Soup & Bagels!

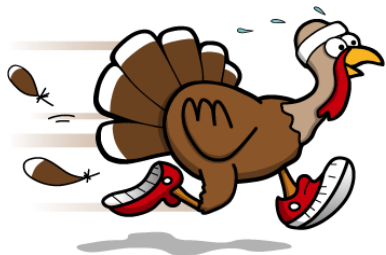
Free Face Painting!

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!



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 11/28 with Tech Tee included  
(\$20 USATF-NJ or Military w/ ID)  
\$30 on Event Day (shirts while supplies last)

#### PracticeHard Mile - Fun Run/Walk

\$12 by 11/28 with T-Shirt included  
(\$10 Westfield youth 14 & under)  
\$15 on Event Day for all participants  
(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.

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

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



Join us 4 weeks before the Trot!

6TH ANNUAL  
**October Beerfest 5k  
& Lawn Games Tourney**

Run!  
Play!  
Drink!  
Eat!  
Party!

Saturday,  
10/26/2013  
11 a.m.  
Rahway River Park,  
Rahway, NJ

"Here's to Me!"