

2017ENTRY 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

2017 USATF-NJ#

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

Youth Sizes: [] Medium [] Large

T-Shirts are guaranteed to the first 2,000 registrants

5K by 11/15 (mail), 11/21 (online) \$30 \$ _____

5K USATF-NJ (by above dates) \$27 \$ _____

5K on event day \$35 \$ _____

1M by 11/15 (mail), 11/22 (online) \$25 \$ _____

1M on event day \$30 \$ _____

Kids' Trot (12 and under) \$10 \$ _____

Please accept my tax-deductible donation: \$ _____

Total Amount Enclosed: \$ _____

Checks payable to Interfaith Food Pantry

Mail to: 253 W. Westfield Ave., Roselle Park, NJ 07204

Must be postmarked by 11/10/2017

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 Action Reaction, LLC, USA Track & Field, 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

The Interfaith Food Pantry
and Literacy Volunteers of Morris County's
1th Annual Morris Township Thanksgiving Day 5K
& 1 Mile Fun Walk/Run

The Interfaith Food Pantry
2 Executive Drive
Morris Plains, NJ 07950



North Jersey
2017
Grand Prix



**The Interfaith Food Pantry
and
Literacy Volunteers of Morris County's**

**11th Annual Morris Township
Thanksgiving Day 5k**

& 1 mile fun walk/run

Turkey Trot
to fight hunger and promote literacy



**Thursday November 23, 2017
Ginty Field Complex, Woodland Ave.
Morris Township, NJ**

5K - 8:30a.m. 1M - 8:40a.m.

Kids' Trot - 9:15a.m.

**Kids' Trot on the Lawn
Turkey Tee - DJ Entertainment - Refreshments
5K Awards
500 Point USATF-NJ Grand Prix**

benefitting



Interfaith Food Pantry
Serving Morris County



**Literacy Volunteers
Of Morris County**

The Interfaith Food Pantry
and Literacy Volunteers of Morris County's
11th Annual Morris Township

Turkey Trot

& 1 mile fun walk/run

www.morristownshipturkeytrot.org

DATE & LOCATION

Thursday, November 23, 2017 **RAIN OR SHINE**
Ginty Field Complex, Morris Township NJ

SCHEDULE

7:00 a.m. Packet Pick-up & New On-Site 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 & 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!

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 via www.morristownshipturkeytrot.org
with credit card or via mail by check.



SPONSOR OPPORTUNITIES ARE AVAILABLE!

Your investment in the Trot will help us raise even more funds while gaining great exposure for your business.

Visit www.morristownshipturkeytrot.org
Or call 973-538-8049 x221 for details.

YOU CAN MAKE A DIFFERENCE START FUNDRAISING NOW!

You can help us feed and educate more people by asking your friends, family and colleagues to sponsor your walk or run. Even kids can help! Use this form to track your sponsors.

Donations are fully tax-deductible. Just \$50 is enough to purchase a full set of workbooks for a student or purchase enough food to feed a family of four for a month.

Participant Name _____

I am participating in the 11th Annual Morris Township Thanksgiving Day Turkey Trot to raise funds to support the **Interfaith Food Pantry and Literacy Volunteers of Morris County**. Will you help me with a tax-deductible contribution?

Sponsor Name & Address	Amount	Matching Gift?

Make checks payable to your choice: Literacy Volunteers of Morris County or Interfaith Food Pantry.

Create your own fundraising page and share through your social media network at www.morristownshipturkeytrot.org

Couch to 5K



Atlantic
Health System

Atlantic Sports Health

Train for the Turkey Trot with our partners at Atlantic Sports Health, the official health care sponsor of the 2017 Turkey Trot. Their Couch to 5K program, a free, 12 week program, will help runners train for race day. For more information or to register, visit their website at www.atlantichealth.org/sports.

DID YOU KNOW?

There are currently 32 million adults in the U.S. who can't read. In addition, 1 in 6 people will face hunger at some point in their lives.



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.lvmorris.org

The Interfaith Food Pantry is a community of



Interfaith Food Pantry
Serving Morris County

neighbors helping neighbors, committed to ending hunger and supporting self-sufficiency. In 2016, we distributed nearly a million pounds of food, which provided assistance to more than 9,600 low income working people, seniors, the disabled and others in crisis. This was done with the support of our incredible volunteers who donated over 25,000 hrs. of service, our staff and through the many food and financial contributors who made our work possible.

www.mcifp.org