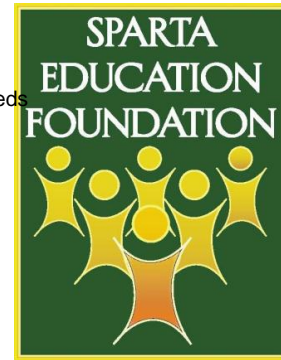




All proceeds to benefit



The Sparta Tradition, Before the Tradition!

Bringing together our past and present to benefit our future!

T-DAY – THURSDAY 11/26/09
7:30 – 8:30 A.M. (5K) REGISTRATION
8:15 – 1-MILE FUN-RUN/WALK
8:45 – 10:30 A.M. 5K – RUN/WALK/JOG/TROT

TROPHIES/PRIZES AWARDED TO:

- Top overall m/f 5k participants
- 5 yr. Age groups to age 19
- 10 yr. Age groups after that
- Medals and prizes! 6 yrs. – 70+

RUNNERS/WALKERS RECEIVE:

- Night before pasta dinner – Imcc boardwalk
- Guests welcome for pasta party at \$5.00 each
- **T-shirt** – first 1000 pre-registered. Others while supplies last.
- **Goody bag** – includes \$10 Krogh's GC

REGISTER ON-LINE AT: www.active.com or www.runningintheusa.com/kroghsturkeytrot

QUESTIONS: 800-905-SEF1 (7331)

TURKEYTROT@SPARTAEDUCATIONFOUNDATION.ORG

FEE SCHEDULE:

5K: \$23 ('til 11/1), \$26 ('til 11/24), \$28 (11/25 – race day) \$ _____

5K YOUTH: under age 18 take \$5 discount \$ _____

1 MILE FUN-RUN/WALK : at least 5 yrs (or With parent) \$10 ('til 11/24) \$15 (11/25 – race day) \$ _____
All participants receive ribbon.

USATF-NJ MEM.: \$2.00 discount (till 11/19) \$ _____

Pasta dinner extra guest only \$5 each \$ _____
Packet pick-up & dinner served
6:00 pm – 8:00 or food gone

TOTAL \$

MAKE REGISTRATION CHECK PAYABLE TO:

Sparta Education Foundation (SEF)
MAIL TO: 270 Sparta Avenue, Suite 104, PMB 126
Sparta, NJ 07871

The SEF is a NJ Non-Profit 501 (c) (3) Corporation

In consideration of your acceptance in the Krogh's Restaurant and Brew Pub Turkey Trot 5K, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages, and hold harmless, the presenting organization (Sparta Education Foundation) and any sponsoring organization (Krogh's Restaurant and Brew Pub, The Dining Room at The Pizza Place, Sparta Township, Sussex County, and any co-sponsors, their representatives, successors, agents, servants or employees, and assignees) for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to The Sparta Education Foundation and Krogh's Restaurant and Brew Pub to use photos that may include myself for promotion and publicity; and understand that if the event cannot be held due to an act of God or circumstances beyond control, the organizer is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Signature _____ Date _____

Parent/Guardian (if under 18) _____

Please complete all questions

First Name (print): _____

Last Name (print): _____

Address: _____

City: _____ **ST:** _____ **Zip:** _____

Email: _____

Phone: _____ **Age on 11/27** _____ **Circle:** M F

Date of Birth: M/D/YR _____ **Circle Event:** 5K or 1 MI

RSVP night before pasta dinner: Y or N **Extra Guests \$** _____

Shirt Size: S M L XL XXL **Total: \$** _____

USATF-NJ#: _____