26th Annual YMCA Thanksgiving Day Turkey Trot 5K Run/Walk

Thursday, November 22, 2018 9:05am James Monroe High School

Packet Pick-up: November 21st from 11-5:00 pm and on race day from 6:15-8:45am at JMHS
5K Run/Walk: begins at James Monroe High School, 2300 Washington Ave, Fredericksburg, VA 22401
Waves: Start waves will be used for the Turkey Trot 5k. We will have 5 waves consisting of an estimated 500-1000 runners based on times below. *For more information on waves, go to www.racetimingunlimited.org and look for "start waves" information.* Chronotrack bib tag timing by **Race Timing Unlimited.** Overall awards based on ***9:05am start Gun Time.*** Masters and age group awards based on Net Time. Start and finish times are recorded

Awards: Cash prizes for top five Overall male and female ($500, 300, 200, 150, 100) and top 3 Masters female/male (gift certificates awarded). Awards for top three males and females in the following age groups: 13 & up, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54. 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over.
Amenities: 26th anniversary long sleeve T shirts (if registered by Nov. 16), If you register late, no guarantee of shirt
Fees: Registered or Postmarked by November 5, 2018: 5 K : $25 each **Families of 3 or more**: $23 each
Registered or Postmarked after November 5, 2018: 5 K : $28 each **Families of 3 or more:** $25 each
Race Day Registration: $35 (7-8:45AM) ***Entry Fees are non-refundable***
Payment Method(s): Send check or money order (made out to the Rappahannock Area YMCA) along with registration form to: YMCA Turkey Trot 212 Butler Rd., Falmouth, VA 22405**. Please do not mail forms after 11/16. Register at your Y branch until 11/18.**
You can also register online: www.racetimingunlimited.org until 8pm on 11/19.
No dogs allowed on race course. Questions? Contact Terry McLaughlin tmclaughlin@family-ymca.org

Thank you to our sponsors: Mary Washington Healthcare, Rappahannock Orthodontics, Rappahannock Foot & Ankle Specialists, Coker Family, 95.9 WGRQ, Thunder 104.5, Homewood Suites by Hilton, Wegmans, The Keddie Group of Davenport Company, Pohanka Honda of Fredericksburg Race Series, Community Bank, Fredericksburg Parent & Family, Lucky Road. Proceeds benefit Rappahannock Area YMCA programs.

Last Name: First Name:

Address:

City: State: Zip Code:

Date of Birth (mm-dd-yy) Age: Sex M/F

T-Shirt Size (circle one, no shirt after Nov. 17):

YS YM YL AS AM AL AXL AXXL

If you want to run with your family/friends, please have everyone select the same time!

Please check ONE estimated finish time

- ☐ **Under 22:00**
- ☐ **22:01 – 25:00**
- ☐ **25:01 – 28:00**
- ☐ **28:01 – 31:00**
- ☐ **31:01 – 35:00**
- ☐ **35:01 – 41:00**
- ☐ **41:01 – 47:00**
- ☐ **47:01 – 53:00**
- ☐ **Over 53:00**

(Any form received without an estimated time will be placed in the last wave)

Please check one:

☐ Runner ☐ Walker

(No check assumes runner)

☐ **Registered or Postmarked by November 5, 2018**
5 K : $25 each
Families of 3 or more: $23 each

☐ **Registered or Postmarked after November 5, 2018**
5K : $28 each
Families of 3 or more: $25 each

☐ Race Day Registration: $35 each
Entry Fees are non-refundable

E-Mail:

Phone:

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Rappahannock Area YMCA, Inc. , RTU, City of Fredericksburg, and any and all participating sponsors and supporters for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to sue my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Your Signature _____

Parent Signature if under 18) _____