

# Waynesboro YMCA Turkey Trot 2010

November 25, 2010 – Thanksgiving Day

## In Loving Memory of Dick Meador

**500 yard Swim (7:30AM) Gobbler Trot(8:00AM) 5K Run or Walk (9:00AM)**



### Entry Fee (Per Person):

Individual Early Bird (received by Nov 14) \$20

Family/Team (8 or more mailed together) \$17(must be rec. by Nov 14)

Regular Registration (Nov 15-23) \$24 • Nov 24th Registration \$30 • Race Day Registration \$35

**Gobbler Trot (1K)- \$12 (adults running in the 5K may accompany their child in the gobbler trot for free) • All fees are non-refundable.**



Race Day volunteers please contact Jeff Fife at 540-943-9622 or [jefffife@ntelos.net](mailto:jefffife@ntelos.net).

Registration can be done online at [www.waynesboroymca.com](http://www.waynesboroymca.com).

Name : \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M/F

Team Name: \_\_\_\_\_ # on Team X \$17 = \_\_\_\_\_

Address: \_\_\_\_\_ Cellphone: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ ZipCode: \_\_\_\_\_

Email address: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

### **Event Registration:** Mark the proper box.

5K Run  5K Walk  500 Swim  Swim & Run

Gobbler Trot (Date of Birth: \_\_\_\_\_)

Write Check to the Waynesboro YMCA: Mail to 648 S. Wayne Ave,  
Waynesboro, VA 22980. T-Shirt Size: S M L XL XXL

5K Run X \$20 (prior to 11/14/2010) = \_\_\_\_\_

5K Walk X \$20 (prior to 11/14/2010) = \_\_\_\_\_

Swim X \$20 (prior to 11/14/2010) = \_\_\_\_\_

Swim & Run x \$30 (prior to 11/14/2010) = \_\_\_\_\_

Gobbler Trot X \$12 = \_\_\_\_\_



I \_\_\_\_\_ release the Waynesboro YMCA, and sponsors, officials and individuals associated with the Turkey Trot 5K Road Race from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this event. I attest that I am physically fit and have sufficiently trained for this event and am aware that my participation could, in some circumstances, result in physical injury. I will not bring skateboards, bicycles, scooters, inline skates or dogs onto the course. I give permission for free use of my name and likeness in any broadcast, telecast or written account of these events. I also understand that the entry fee is non-refundable and non-transferable.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_