

# THE CAIRO FAMILY PRESENTS THE 29<sup>th</sup> ANNUAL



Duke of Oil & Tune



CITRIN COOPERMAN  
FOCUS ON WHAT COUNTS

Orange & Rockland

The Humphrey Family

The Skin Center  
Dermatology Group,  
Dr. Peter Friedman



## 5 MILE TURKEY TROT for the Marisa Fund

The Mitchell Family

Hearing Solutions of Rockland

A CHARITY AFFILIATED WITH THE CHILDREN'S CANCER FUND

### VIRTUAL RACE - Sunday, Nov 22 to Sunday, Nov 29

**WHERE:** Anywhere you like. How you complete your 5 miles is completely up to you. We just ask that you please practice social distancing along the way.

**WHEN:** You have from Sunday, Nov 22 to Sunday, Nov 29 to complete your 5 miles any way you like. If you are not happy with your time, feel free to run it again. If you pick a course that is too challenging, you are welcome to try a different route. If 5 miles all at once sound too difficult, you can break up your 5 miles into smaller segments. This year is completely up to you. We just want to make sure that everyone continues to enjoy the tradition of the Turkey Trot.

**FEES:** \$40 - General | \$30 - RRR members | \$25 Senior (65+)

All fees include the mailing of your shirt for your safety and ours.  
Keeping safer separately, will bring us back together sooner!

**QUESTIONS?** Call 914-522-3890 or email [turkeytrotdirector@rocklandroadrunners.org](mailto:turkeytrotdirector@rocklandroadrunners.org)

**ON LINE:** Register at [www.rocklandroadrunners.org/turkeytrot](http://www.rocklandroadrunners.org/turkeytrot)



Register by Nov 1 to ensure you receive your commemorative shirt in time for your run.

\*Please do not come to Rockland Lake State Park on Thanksgiving Day to run the usual race course. We do not condone group running, nor pre/post run gatherings during the COVID-19 crisis. Please follow CDC Guidelines to protect yourself and your community.

## HAPPY THANKSGIVING!

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_  MALE  FEMALE

STREET ADDRESS: \_\_\_\_\_

TOWN/CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

E-MAIL \_\_\_\_\_ @ \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

SHIRT SIZE:  X-SMALL  SMALL  MEDIUM  LARGE  X-LARGE  2XL  3XL

Entry Amount Enclosed:  \$40  \$30 RRR members  \$25 Senior - Age 65+ Membership #: \_\_\_\_\_

- I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25 for the 2020 calendar year.  
 I/My business/corporation would like to be a sponsor for next year's Turkey Trot. Please contact me.

Make checks payable to: RRR Mail entry form to: Turkey Trot c/o RRR, P.O. Box 435, Congers, New York 10920

#### WAIVER MUST BE SIGNED

I know that running in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by Rockland Road Runners Club is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in this virtual event unless I am medically able and properly trained, and I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I attest that if my community has a shelter in place order, that I will only participate in the virtual event in accordance with the order. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available, and I will run against oncoming traffic and not with traffic. I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the virtual race scheduled for this race event, including the terms in this waiver, the timeline of the virtual event, and agree to abide by them. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, or extreme cold traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers. Having read this waiver and knowing these facts and in consideration of your accepting my entry, and anyone entitled to act on my behalf, and/or anyone on whose behalf I am entitled to act, waive and release the officers, directors and officials of the Rockland Road Runners Club, the 5 Mile Turkey Trot for the Marisa Fund, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this virtual event, and waive my ability to bring any legal action against the entities referenced above in this waiver as I am voluntarily electing to run on my own as part of this virtual event. I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, personal data provided during registration and post-event reporting, video or audio recordings, or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

ABSOLUTELY NO REFUNDS, EXCHANGES, OR TRANSFERS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's Signature (if under the age of 18): \_\_\_\_\_

