



Join Us for the Annual Turkey Trot
Rockford Road Runners' Oldest Race

Thanksgiving Day 9:00 a.m. Thursday, November 28th 2013 at Aldeen Park 623 North Alpine in Rockford

Course is *approximately* a 5k distance. Runners guess their time; no timepieces allowed. **Finish closest to your predicted time to win prizes: Thanksgiving TURKEYS OR PIES – Must be present to receive awards!!!**

New this year: CHIP TIMING, new course and more fun.

Each runner please donate 1 canned fruit or 1 box of cereal. Barrels will be available on race day for drop off and all foods will be donated to Rock River Valley Food Pantry.

*** Pre-Order Turkey Trot stocking caps by Nov. 7, 2013 to allow for printing (beanie style with embroidered design). Cost NOT included in entry fee.**

Pre Registration will be available online <https://runsignup.com/Race/IL/Rockford/RockfordThanksgivingTurkeyTrot>
Race Day Registration is at Aldeen Park from 6:30 a.m. – ending at 8:30 a.m promptly.

Race Entry & Membership Renewal Options: Circle One

Individual Entry fee- \$12

RRR member (with 33% discount)- \$8

Family race fee- 3 or more entries- \$30

RRR family- \$24

Fee Total= _____

(Include completed form and signed waiver for each runner)

Include 2014 RRR Memberships New or Renewals: (fees below do not include race entry) Circle One

Student \$15

Individual \$20

Family/Couple \$25

Membership Total= _____

Include membership form found on www.Rockfordroadrunners.org

Pre-order Turkey Trot stocking caps- \$10 each Number ordered _____ x \$10 each= _____

One size fits all

Total Enclosed \$_____

Checks payable & send to: **ROCKFORD ROAD RUNNERS P.O. BOX 7991 ROCKFORD, IL 61126**

More info contact: Phil or Maria Oliveri 815-218-2379 mpso808@comcast.net

NAME: _____ **Circle one: Male or Female** **Age** _____

Guessed Time: _____ **Entries must include a guessed time!**

Early start of 8:30 am for anyone guessing 1 hour or more.

Waiver and Release: I know that running [volunteering for] a trail or road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this 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 race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trails and road, all such risks being known and appreciated by me. I understand that bicycles, baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Turkey Trot, Rockford Road Runners, Road Runners Club of America, Rockford Park District, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Print Name: _____

Signature _____ **Date:** _____