



Medford Lakes Colony Turkey Trot 5K

Thursday, November 24th



5K Run/Walk Event

Date/Start Time

Thursday, November 24th
8:30AM 5K Run

Location

Vaughan Hall
79 Tecumseh Trail
Medford Lakes, NJ 08055

Course

USATF Certified course through
the picturesque community of the
Borough of Medford Lakes

Contact

609 654 7747
office@medfordlakescolony.org

Awards/Amenities

Awards to top Male and Female
and 3 deep male and female in the
following age groups: 0-14, 15-19,
20-29, 30-39, 40-49, 50-59, 60-69
and 70+

New this Year, Team Competition!

Long Sleeve Tech Shirts guaranteed to all preregistrants by November 9th

Make Check or money order to: Medford Lakes Colony c/o Medford Lakes Colony, 79 Tecumseh Trail,
Medford Lakes, NJ 08055 A separate application will be required for each entrant.

5K Pre-Registration (by November 21st)	\$ 25
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5K Race Day Registration	\$ 30
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5K Student (18 and under) entry fee (by November 21st)	\$ 15
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Colony Club Only 5K Family of 4 entry fee (additional family members \$10 each)	\$ 60
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First Name		Last Name	
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Team Name	
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Male		Female		Age		Emergency Phone #	
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Street		City		State		Zip	
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Email Address		T Shirt Size	S	M	L	XL
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Waiver: I, the undersigned, acknowledge that a run/race/walk is a hazardous activity. I certify that I am medically able and have sufficiently trained for this event. I agree to abide by all decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release and discharge race organizers, Medford Lakes Colony, the Borough of Medford Lakes, South Jersey Race Timing LLC, sponsors and their agents, employees, representatives, successors and assignees for any and all injuries suffered by me in said event.

Signature		Date	
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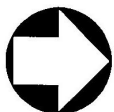
Guardian if 18 or under		Date	
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Register Now



Medford Lakes Colony

MEDFORD LAKES COLONY 5K
Medford Lakes, NJ



NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USATF/ARTO REQUIREMENTS USING THE SHORTEST POSSIBLE ROUTE (SPR) METHOD TO WITHIN 12" OF ALL CURBS AND DEFINED ROAD EDGES.

UNLESS OTHERWISE INDICATED ON THIS MAP, RUNNERS MAY USE FULL WIDTH OF ROADS.

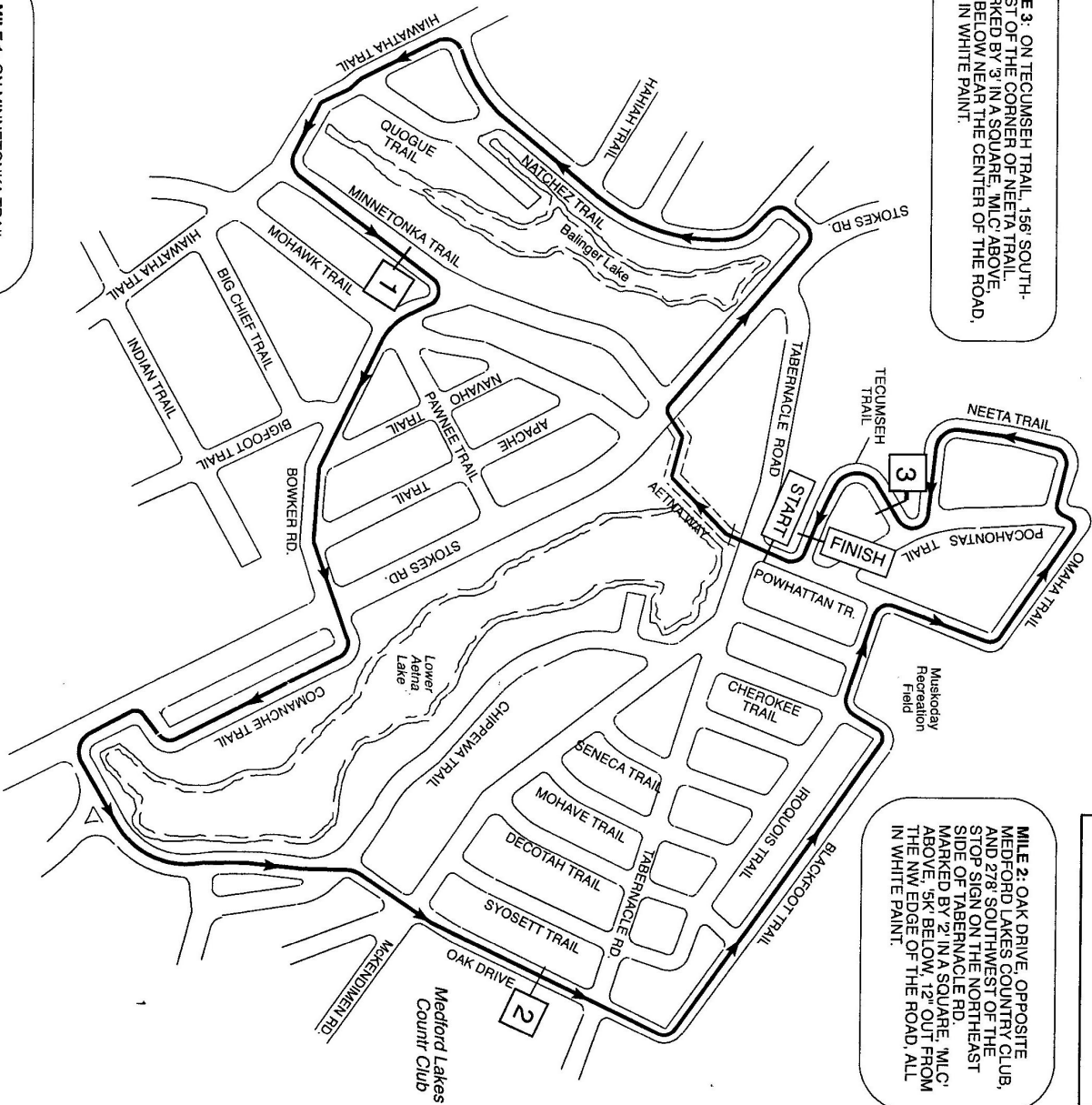
ELEVATIONS ARE RELATIVE AND ARE AS OBSERVED USING GOOGLE EARTH IMAGING.

USATF Certificate
NJ13002WB

Effective: 05/13/013 to 12/31/2023

MILE 3: ON TECUMSEH TRAIL, 156' SOUTH-WEST OF THE CORNER OF NEETA TRAIL, MARKED BY '3' IN A SQUARE, MLC' ABOVE, 5K BELOW NEAR THE CENTER OF THE ROAD, ALL IN WHITE PAINT.

MILE 2: OAK DRIVE, OPPOSITE MEDFORD LAKES COUNTRY CLUB, AND 278' SOUTHWEST OF THE STOP SIGN ON THE NORTHEAST SIDE OF TABERNACLE RD, MARKED BY '2' IN A SQUARE, MLC' ABOVE, 5K BELOW, 12' OUT FROM THE NW EDGE OF THE ROAD, ALL IN WHITE PAINT.



MILE 1: ON MINNETONKA TRAIL BETWEEN NISKA TRAIL AND HIAWATHA TRAIL, AND MORE ACCURATELY 128' SOUTHWEST OF THE SIGNPOST AT THE SOUTH CORNER OF NISKA & HIAWATHA, MARKED BY '1' IN A SQUARE, MLC' ABOVE, 5K BELOW, IN THE CENTER OF THE ROAD, ALL IN WHITE PAINT.

MEASURED BY
BILL BELLVILLE
03/20/13, 05/03/13
ARDMORE, PA
CS-1301