



LHSXC TURKEY TROT 5K
Turkeys for Overall & Master Winners!
November 24, 2022



BENEFITTING THE LOWNDES HIGH CROSS COUNTRY TEAMS

Course : 800 Gornto Rd. Valdosta, GA 31602

***Register by Nov 1st to guarantee a T-shirt.**

Date/Event Time: Thursday, November 24, 2022

Registration and Entry Fee:

7:00-7:45 am REGISTRATION/Package Pickup

Before Nov. 1st, 2022: \$20

8:00 am 5K RUN

Nov. 1st –Nov. 23rd: \$25

Awards: Frozen Turkeys for Male/Female Overall and Masters Winners of 5K and Top 2 finishers in each age category. **Register online at: www.runsignup.com** or day of race with form

Please make checks payable to: LHS XC. Registration can be delivered or mailed to LHS 1606 Norman Dr. c/o Martha Mazurkiewicz Valdosta, Ga. 31602

Timing and Results provided by: ACourse/Line LLC-complete results will be posted on runningintheusa.com along with other sites. Contact information: Call 229-630-4656 or email marthamazurkiewicz@lowndes.k12.ga.us

Official Entry Form: T-shirt size AS _____ AM _____ AL _____ AXL _____ (+\$2) AXXL _____ (+2)

*****One entry per form ***Print legibly **No refunds/swapping**

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ St: _____ Zip: _____

Age (as of 11/24/22) _____ Birth date: _____ Male _____ Female _____ Participant waiver :

This release and waiver is executed on this date _____. Knowingly, and at my own risk, I am voluntarily participating in LHS XC 5k. I do hereby waive release any and all claims against Lowndes High School, and all event sponsors, employee, volunteer, and or officials of these organizations from any claim of injury, (including death) that I may incur as a result of my participation in the event. I further hereby certify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate. If, however, as a result of my participation in the LHS XC 5k, I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary. "Finish line services furnished by A Course/Line, LLC of Valdosta" ***** I understand that there is a 60 minute limit on finishing.**

Printed Name: _____

Signature of participant or Parent if participant is a minor _____

