



TRICK & TROT CHALLENGE

2 HOLIDAYS • 2 RACES • 3 MEDALS

Run or walk both races to earn the
Trick & Trot Challenge medal!

Races benefit the Cocoa Beach Recreation Dept. Youth Camps,
and Cocoa Beach High School Cross Country & Track Teams.

FRIGHTFUL FAIRWAY 5K

October 24 • 7:30 a.m.
Cocoa Beach

COCOA BEACH TURKEY TROT 5K

November 26 • 8:00 a.m.
Cocoa Beach

REGISTRATION & CONTACT INFORMATION

\$50 entries postmarked by September 6

\$55 entries postmarked after September 6

Virtual Option

\$60 entries postmarked on or before September 6

\$65 entries postmarked after September 7

Online registration: <https://runsignup.com/TrickAndTrot>

Mail entries to: City of Cocoa Beach, 321 Ramp Road,
Cocoa Beach, FL 32931

Make checks payable to: Cocoa Beach Kiwanis

Frightful Fairway 5K: carolyn.potter@cityofcocoa-beach.com

Turkey Trot 5K: turkeytrot5k@cfl.rr.com

SERIES DETAILS & AWARDS

Challenge medal pickup: Medals will be awarded at the Turkey Trot to participants registered for both races.

Virtual option: Can't make a race? Complete either race virtually and still earn the series medal.

Race amenities: Each race includes its own amenities in addition to the challenge medal. See the race websites for details.

Overall Series Awards: Courtesy of Ron Jon Surf Shop for the 1st, 2nd and 3rd overall male and female finishers. Points are based on overall finish (1 point for 1st, 2 for 2nd, etc.); lowest combined score wins. Virtual racers are not eligible.

PARTICIPANT REGISTRATION • FRIGHTFUL FAIRWAY 5K + COCOA BEACH TURKEY TROT 5K

Name: _____

Birthdate: _____

Age: _____

Address: _____

City: _____

State: _____

Email: _____

Phone: _____

Gender: ☐ Male ☐ Female Shirt size: ☐ YM ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Turkey Trot offers additional youth and unisex sizes, as well as ladies sizes.

Contact race director to request a size not listed here.

PARTICIPANT WAIVER & PHOTO RELEASE

I assume all risks associated with my participation in the Frightful Fairway 5K and Cocoa Beach Turkey Trot 5K, including, but not limited to, injuries, contact with participants or volunteers, weather conditions, traffic and road hazards; all such risks are known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release the directors and sponsors of these races from all claims or liabilities arising from my participation. I grant permission to use photographs, motion pictures, recordings or any other record of the events for legitimate purposes.

Signature (parent/guardian if participant is under 18)

Date

