



**Turkey Trot 5K**  
**Saturday November 19, 2016**  
**10:00 am**

<b>District Use Only</b>
Bib # _____
Receive Shirt _____
Amount Paid _____

**ENTRY FORM**

COST: \$20.00 by Thursday, November 10<sup>th</sup> or \$30 Nov. 11<sup>th</sup> until Race Day  
 Awards given to the top three placers in each division

Please Print

**Name:** \_\_\_\_\_  
LAST FIRST

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Day Phone:** \_\_\_\_\_ **Evening Phone:** \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Male:** \_\_\_\_\_ **Female:** \_\_\_\_\_ **Birth Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_  
Month Day Year

**T-Shirt Size (circle one):** Youth Large or Adult Small Medium Large X-Large

**Age Category:** 18 & Under \_\_\_\_\_ 19-29 \_\_\_\_\_ 30-39 \_\_\_\_\_ 40-49 \_\_\_\_\_ 50-59 \_\_\_\_\_ 60 & Up \_\_\_\_\_

WAIVER BELOW MUST BE SIGNED AND TURNED IN FOR VALID ENTRY. SHIRT SIZES ARE NOT GUARANTEED ON RACE DAY.  
 Mail Forms to the Cañon City Recreation and Park District at 575 Ash Street, Cañon City, CO 81212 or register online at [www.ccrec.org](http://www.ccrec.org)

**TURKEY TROT 5K LIABILITY WAIVER**

In consideration of this entry being accepted I, for myself, my heirs, executors and personal representatives, waive and release all rights and claims for damage I may have against the Cañon City Area Metropolitan Recreation and Park District, and all other sponsors, their agents, representatives, servants, employers, successors, and assignees arising out of my participation in the Turkey Trot 5K Run. The course is on dirt roads and developed trails with little or no elevation change. Humidity is relatively low and temperature may range from 0 - 80 degrees farenheight. I further agree to hold the sponsors harmless and indemnify them from all claims, damages, judgments, and costs and attorney's fees should they be held liable for any damages I may sustain or claim arising out of this event. I acknowledge that I am in good condition and able to participate in this 5K Run. I hereby grant full permission to any and all of the fore going to use my name, photographs, videotapes, motion pictures, recordings, and any other record of me participating in this event for any publicity and / or promotional purposes without obligation or liability to me.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature if under 18:** \_\_\_\_\_

**Course Description**

The Turkey Trot 5K Run will begin at Pathfinder Park on the road to the Fishing Pond to the west of the parking lot. Runners will head north and veer right onto the trail. You will head east to the trail that runs on the east side of the soccer fields and turn right. Stay on the trail until the round-a-bout and turn left. You will stay on the edge of the road and head to the east toward the arena. You will go around the arena and hook up with the trail in the northeast corner of the park. You will then head west on the trail and go by the fishing pond. After circling the parking lot you will head back to the east on the main road and hook up with the trail when the road turns south by the soccer fields. You will head east to the arena, go around the arena and hook up with the main road. Once on the main road head back to the west, hug the north side of the round-a-bout, and head straight to the finish line on the grass near the restroom building on the west side of the park.