

Sunday, November 18, 2018

Turkey Trot 5K

Cape Elizabeth Middle School, Cape Elizabeth, ME

8:30 a.m. Children's Fun Run

9:00 a.m. 5K Race & Walk

5K capped at 1000 - (USATF Certified Course)

Technical Shirts to All Entrants by Oct 15

Kids Register (FREE) on Race Day

Presented by:



Cape Chiropractic and Acupuncture



AWARDS to male & female 1st, 2nd, & 3rd finishers as follows:

Overall, 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & above

Race beneficiary: Wayside Food Programs (please bring nonperishable food item to packet pick-up or on race day)

Saturday packet pickup: 10 a.m. to 2 p.m. at Fleet Feet Maine Running in Portland

Race-day registration/packet pickup: 7:00 to 8:45 a.m. at Cape Elizabeth Middle School

Chip timing and results provided by Bay State Race Services

Inducted into Maine Running Hall of Fame

NO REFUNDS, EXCHANGES, OR TRANSFERS; PLEASE, NO DOGS, STROLLERS OR SKATES

Turkey Trot 5K Race Registration Form - Please print clearly, detach and mail with payment.

\$25 until 10/31 - \$30 11/01 - Race Day (Free Long Sleeve Tech Shirts until 10/15)

Please make your check payable to the Maine Track Club Turkey Trot and mail to: MTC Turkey Trot, 505 Delano Park, Cape Elizabeth ME 04107. For more information: Contact Bob Ayotte rayotte@maine.rr.com 207-956-1122 or Maine Track Club www.mainetrackclub.com

Online registration: <https://register.chronotrack.com/r/39979>

Name: (first / last) _____

Gender: (please circle) Male Female

T-shirt size: (please circle) S M L XL

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Email: _____ **Date of Birth:** _____ **Age on Race Day:** _____

Emergency Contact: _____
Name Phone #

WAIVER: (MUST BE SIGNED) I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind and snow) traffic and conditions of the road, in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, the Road Runners Club of America and all other sponsors, their representatives, and successors from all claims of liabilities arising out of my participation in this event.

Signature of Participant (Signature of Parent if participant under 18)

Date