

Seniors First Turkey Trot 5k and Tot Trot

Thursday, November 24, 2016

7:00 am: Costume judging
 7:45 am: Turkey Call judging
 8:00 am: 5k (3.1 miles)
 9:15 am: Tot Trot Kids' Run

Location & Parking

Lake Eola Park— Robinson St. at Eola Drive.
 Limited parking along side streets and area parking garages where hourly rates may apply. See www.TrackShack.com for directions & parking.

Entry Fee

Entry fees are non-refundable and non-transferable.

Through Nov. 12 \$30
 November 13-23 \$33
 Race Day at Race Site \$38

Age 17 & Under / 65 & Older - \$10 OFF through Nov. 23rd—
 Race Day at Race Site- \$38

Tot Trot- FREE kids' run

Distances range from 100 to 400 yards. Tot Trot registration is race day at race site.

Registration

Walk-in or mail completed entry form to Race Headquarters:
 Track Shack • 1104 North Mills Ave. Orlando, FL 32803 •
 407-896-1160
Make all checks payable to: Track Shack Fitness Club

Packet Pick-Up

Pick-up race number, T-shirt, and information at Race Headquarters, **Track Shack** on Saturday, November 19 and Monday, November 21 through Wednesday, November 23. Packets will also be available on race day at the race site from 6:00 am to 7:30 am.

Awards

Top 10 male and top 10 female participants will receive awards. No other times will be recorded. The Turkey Trot is a non-competitive, non-scored, fun, festive holiday event; be sure to look at the display clock when you finish.

Special Prizes for:

Oldest registered participant
 Best Turkey Call
 Best Costume (Best Group, Best Couple, Best Individual)
 Best Fundraising Team (1st, 2nd, 3rd!)

T-shirts

All paid entrants will receive a commemorative T-shirt. Sizes are not guaranteed on race day.

Beneficiary

Proceeds from *Seniors First Turkey Trot 5k* will benefit SENIORS FIRST who provides Meals On Wheels and other programs for seniors. Go to www.TurkeyTrotOrlando.com for information on how to help raise funds!

Restrictions: Bicycles, in-line skates, skateboards, and dogs will not be allowed in the race. The use of headphones is discouraged. Participants with baby joggers or strollers must start behind designated stroller signage and are REQUIRED to walk/jog no faster than 15 minute per mile; stroller/jogger operators may not weave through packs of runners, and must always yield the right of way to other runners. Failure to comply will result in deletion from official race results and disqualification from participating with a stroller in future events..

SENIORS FIRST Turkey Trot

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 November 13-23 \$33
 Race Day at Race Site \$38
 17 and under / 65 and older- \$10 off through Nov. 23
 \$38 on race day

OFFICIAL USE ONLY

Last Name	First Name	MI	Male	Female	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Address (Street)			Apt./Suite #		Date of Birth
<input type="text"/>			<input type="text"/>		<input type="text"/>
City		State	Zip Code (If not USA, Foreign Postal Code)		E-mail Address
<input type="text"/>		<input type="text"/>	<input type="text"/>		<input type="text"/>
Home Phone	Day Phone		T-shirt Size		
<input type="text"/>	<input type="text"/>		S M L XL XXL		
Method of Payment	Cash Check Charge	Enter V-Code	Amount Enclosed		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Expiration Date:		Make check or money order payable to:			
Month	Year	Track Shack Fitness Club			
<input type="text"/>	<input type="text"/>	Mail completed entry form to:			
		Track Shack, 1104 N Mills Ave			
		Orlando, FL 32803, 407-896-1160			

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Track Shack, Track Shack Fitness Club, Event Marketing and Management International, Inc., USATF, and their sponsors for the event which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the event as is mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, dogs, inline/roller skates are prohibited. The use of headphones is discouraged. Runners and walkers with baby joggers or strollers are required to follow stroller restrictions and check-in on race day. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required (If under 18, parents signature is required.) _____ Date _____