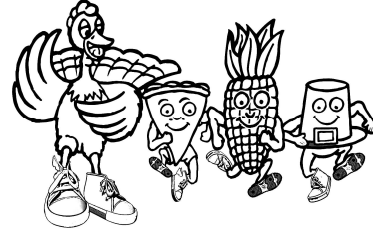


# TURKEY TROT 5k

Thursday, November 26, 2009 @ 8:00 AM  
Thanksgiving Morning



**Location:** New Cumberland Borough Park

83 to exit 40B (New Cumberland). Go East on Carlisle Road, which changes into Simpson Ferry then Brandt Ave and finally into Reno. Follow road straight through STOP signs (5) to the end. Make a right on Front Street to enter the Park.

**Time:** 5K begins at 8:00 AM sharp (rain or shine)

**Entry Fee:** \$20.00 postmarked before Nov. 13<sup>th</sup>, \$25.00 after Nov. 13<sup>th</sup> and Race Day

Pre-registered runners and walkers are guaranteed to receive a Race t-shirt.

Runners and walkers who register after Nov. 13<sup>th</sup> will not be guaranteed a Race shirt.

Runners who register on race day will receive a T-shirt on a first come, first serve basis. There will be a **very limited** supply on race day.

**Packet Pickup:** Registration and packet pickup will be held on Wednesday Nov. 25 from 12:00pm – 6:00pm at the Vickie’s Angel Walk office @ 511 Bridge Street, New Cumberland and Thursday Nov 26 at the Borough Park from 6:45 am – 7:45 am.

**Kid’s Fun Run:** Starts at 8:45 am. Free for kids 10 and under. Fun run participants will receive a kid’s goody bag but not a race shirt. The fun run is approximately 1/2 mile. Please register to insure goody bag.

**Age Groups:** 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over

**Awards:** Overall male and female winners will receive a Family sized (15-18 lb) TURKEY

Prizes awarded to top 3 male and female finishers in each age group (excluding overall winners)

First place finisher in each age group will receive a HOMEMADE PIE

Second place and third place finisher in each age group will receive a Homemade Dessert.

Awards will start at approximately 9:00 am after the Kid’s Fun Run

**Random Prizes:** If our turkey gives you a feather on the course, you win a prize!

**Refreshments:** Pies, Bagels, coffee and lots of other goodies.

**Benefits:** All proceeds from the race will go to the Vickie’s Angel Walk FOUNDATION to help provide financial assistance for local families fighting cancer. [www.vickiesangelwalk.org](http://www.vickiesangelwalk.org)

- Please make checks payable to: VICKIE’S ANGEL WALK
- Mail entry form to: Mari Lynn Dare 431 Shuler Road, Etters, PA. 17319
- Online registration available at [www.active.com](http://www.active.com)
- Questions: Contact Mari Lynn Dare 418-4157 or e-mail [smtturkeytrot@yahoo.com](mailto:smtturkeytrot@yahoo.com)

**NEW THIS YEAR:**  
**Timing and results by**  
**Pretzel City Sports**  
 Results available 24-48  
 hrs after race at:  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)



**NO DOGS PLEASE.** - New Cumberland does not allow dogs in the park.

PLEASE PRINT. READ CAREFULLY.

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_  
Last First

ADDRESS \_\_\_\_\_  
Street city state zip

DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ PHONE \_\_\_\_\_ RUNNER WALKER FUN RUN

E-MAIL \_\_\_\_\_ Indicate desired T-shirt size (adult sizes only) S M L XL

In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damages or injuries I may have against any and all race officials, the Borough of New Cumberland, and the Vickie’s Angel Walk for any and all damages or losses that may be suffered by me before, during, and after this event such release binding my heirs, creditors, and assigns. I hereby grant permission to the aforementioned to use my name and/or photographs or videotape of this event without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

Signature \_\_\_\_\_

Parent/Guardian signature if under age of 18 \_\_\_\_\_