



Waynesboro YMCA Turkey Trot 2010

November 25, 2010

Thanksgiving Day

5K Run or Walk (8:00AM) 500 yard Swim (7:50AM) Biathlon(7:30AM)

Entry Fee (Per Person):

- Individual Early Bird (received by Nov 14) \$20
- Family/Team (8 or more mailed together) \$17(must be rec. by Nov 14)
- Regular Registration (Nov 15-23) \$24 • Nov 24th Registration \$30 • Race Day Registration \$35
- **Gobbler Trot (1K)- \$12 (adults running in the 5K may accompany their child in the gobbler trot for free)** • All fees are non-refundable.



Race Day volunteers please contact Denise Hill at 540-943-9622 or ymca.aquatics@ntelos.net.

Registration can be done online at www.waynesboroymca.com.

Name : _____ Date of Birth: _____ M/F

Team Name: _____ # on Team X \$17 = _____

Address: _____ Cellphone: _____

City: _____ State _____ ZipCode: _____

Email address: _____ Emergency Contact: _____

Event Registration: Mark the proper box.

5K Run 5K Walk Biathlon SWIM ONLY

Gobbler Trot (Date of Birth: _____)

Write Check to the Waynesboro YMCA: Mail to 648 S. Wayne Ave,
Waynesboro, VA 22980. T-Shirt Size: S M L XL XXL

5K Run X \$20 (prior to 11/14/2010) = _____

5K Walk X \$20 (prior to 11/14/2010) = _____

Biathlon X \$20 (prior to 11/14/2010) = _____

Gobbler Trot X \$12 = _____



Child Care offered
starting at 7:00AM-
10:30AM. Space is
limited and pre-
registration is needed.

release the Waynesboro YMCA, and sponsors, officials and individuals associated with the Turkey Trot 5K Road Race from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this event. I attest that I am physically fit and have sufficiently trained for this event and am aware that my participation could, in some circumstances, result in physical injury. I will not bring skateboards, bicycles, scooters, inline skates or dogs onto the course. I give permission for free use of my name and likeness in any broadcast, telecast or written account of these events. I also understand that the entry fee is non-refundable and non-transferable.