



**Turkey 5K Run - Sun. Nov. 20, 2011.**  
**Start 1 Mile 2pm - 5K 2:30pm.**  
**Oakdale Park, Bridgewater VA.**  
**Hosted by Shenandoah Valley Track Club.**  
**www.Valleytrack.org**

**Course:** Flat and Fast.  
**Awards:** Frozen turkeys for male and female age group winners, and some others.  
 Age groups: 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+.  
**Directions:** From Harrisonburg, take US42 south to Bridgewater. Turn left onto Mt Crawford Ave. Go 1/4 mile. From I-81, take exit 240. Go west on VA257 past Bridgewater College. Turn right at light onto US42. After 2 blocks, turn right onto Mt Crawford Ave. Go 1/4 mile.  
**Questions:** Phone Rich Ruoizzi at 540-883-4415 or email ValleySting@aol.com.  
**Fee:** **5K:** \$ 15 for S.V.T.C. members; \$ 20 non-members. **Make Check To:** S.V.T.C.  
**1 Mile Run** for 13 and under only: Free.  
**Mail To:** Mike Guinn, 5166 Pleasant Valley Rd., Harrisonburg, VA 22801.

Name \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_

Shenandoah Valley Track Club **Release Form:** PLEASE READ BEFORE SIGNING.

**MUST BE SIGNED BY PARTICIPANT** or parent or guardian if participant is under age 18.

I know that participation in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by race rules and any decision of a race official regarding my ability to safely complete the race. I assume all risks associated with my participation in this road race, including but not limited to: falls, contact with other participants, conditions of the road and running surfaces. In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shenandoah Valley Track Club, its officers, and successors from all claims of liability of any kind arising out of my participation in a Shenandoah Valley Track Club meet, fun run, or road race.

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

Signature of parent or guardian if participant is under age 18: \_\_\_\_\_

**Registration form for Joining the Shenandoah Valley Track Club**

Name \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Annual dues, which includes RRCA affiliation are: (Check one) Individual \$ 12 \_\_\_\_\_ Family \$ 20 \_\_\_\_\_

Family member \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Family member \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Family member \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Continue on back if needed.