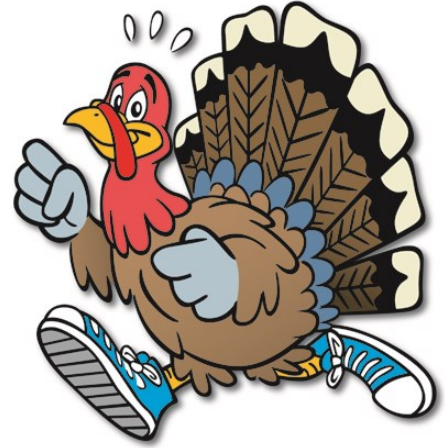




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHAKE YOUR TAILFEATHERS

5K TURKEY TROT & FAMILY FUN RUN
Thursday, November 23, 2017
Shadow Lake



The Event:

Both the 5K Turkey Trot and the Family Run/Walk will take place behind Shadow Lake Towne Center in Papillion. This course is around a small lake and offers large paved sidewalks. The event features a fun photo booth, hot chocolate, coffee, donuts and raffle baskets.

5K Turkey Trot (non timed event) **8:00am**

Cost: \$20/person (includes long sleeve Performance Wear shirt)

Register by noon on Nov 13th to guarantee your shirt and size

Please Note: Entries after noon on November 13^h will not be guaranteed a shirt

1.6 Mile Family Fun Run/Walk **8:30am**

Cost: \$12/family max (includes entry only - shirt is optional)

Long Sleeve Performance Wear Shirt **\$15/shirt (optional)**

**Dress in your favorite Thanksgiving themed attire and
be entered to win a Thanksgiving treat!**

Registration Packet & Shirt Pick-up will be at the Sarpy YMCA
during the following times:

Wednesday Nov. 22 5am-10pm and Thursday Nov 23 starting
at 7:30am

A Thanksgiving treat will be awarded to:

- Top Male Finisher (ages 14 & up)
- Top Female Finisher (ages 14 & up)
- Top Youth Finisher (13 & under)

5K Turkey Trot Individual Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ D.O.B: __-__-__ Age _____

Email: _____ Shirt Child: S M L Adult: S M L XL XXL

Register for 5K online at:
sarpy.metroymca.org

Keyword:
Turkey Trot

Family Fun Run (Children 5 yrs and under are free)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ D.O.B: __-__-__

Email: _____

Family Member #2

Name: _____ D. O.B: __-__-__

Family Member #3

Name: _____ D. O.B: __-__-__

Family Member #4

Name: _____ D. O.B: __-__-__

Family Member #5

Name: _____ D. O.B: __-__-__

Shirts are long sleeve performance wear and are only guaranteed if you register before Nov. 13th at Noon.

Only complete if purchasing shirts- \$15
Shirt Child: S M L Adult: S M L XL XXL
Shirt Child: S M L Adult: S M L XL XXL
Shirt Child: S M L Adult: S M L XL XXL
Shirt Child: S M L Adult: S M L XL XXL
Shirt Child: S M L Adult: S M L XL XXL

Waiver: to be signed by 5K Turkey Trot and Family Fun Run Participants

DECLARATION: In consideration of this entry, I herby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages which I may have hereafter accrued to me against the YMCA of Greater Omaha, or its or their respective officers, agents, representatives, successors, any other participating organization and all participating sponsors, and/or arising out of my traveling to, participating in, and returning from said athletic event. Additionally, I herby verify that I am registering under my own name and understand that any misrepresentation will subject me to disqualification prior to or subsequent to the event at the race director's discretion with no refund of the entry fee. I also understand that participation in this event constitutes permission to use my name and likeness for promotional purposes without compensation.

Signature _____ Date _____

Parent's Signature (if under 18) _____ Date _____

Race Day Details:

- 7:40am Check in for 5K Turkey Trot
- 8:00am 5K Turkey Trot Begins
- 8:10am Check in for Family Fun Run
- 8:30am Family Fun Run Begins

Questions? Call the Sarpy YMCA 402-339-9861
Register for Sarpy 5K online: sarpy.metroymca.org
Click: Sign up for a Program Keyword: Turkey Trot



Race Day Weather Policy:

All races will go as scheduled; rain, snow, or extreme cold. Please dress appropriately!