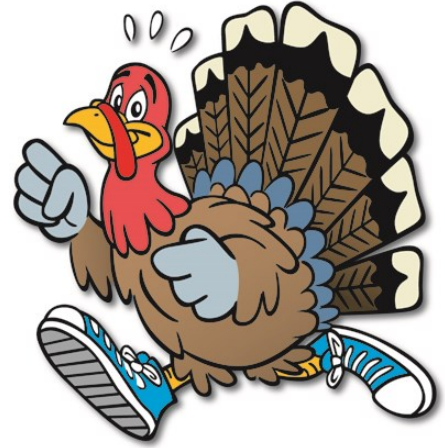




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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 13<sup>th</sup> to guarantee your shirt and size

Please Note: Entries after noon on November 13<sup>h</sup> 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](http://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](http://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!