

# Waukon Wellness Center's 6<sup>th</sup> Annual "Turkey Trot"

## 5K Run/Walk

**November 28<sup>th</sup>, 2019 (Thanksgiving Day!!)**

**\*\*7:30am Check-in/8:30am Race Starts!!**

**\*\*Beginning & Ending @ WWC**

Age Categories Men/Women:

14 & under; 15-19 (Combined)

20-29; 30-39; 40-49; 50-59; 60+ (Individual Categories)

Winners each Category:

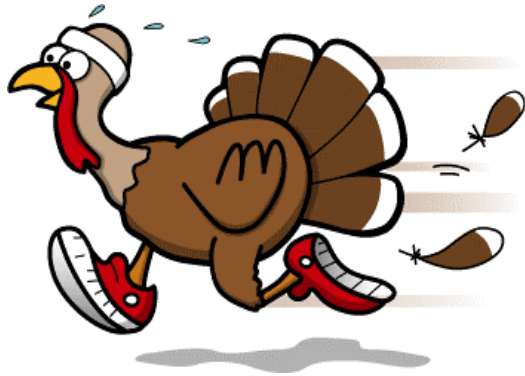
1<sup>st</sup> Place: Gold Medal    2<sup>nd</sup> Place: Silver Medal    3<sup>rd</sup> Place: Bronze Medal

Overall Winners:

1<sup>st</sup> Place 19 & under receives a Turkey!!

1<sup>st</sup> Place Male & Female 20-39 receive a Turkey!!

1<sup>st</sup> Place Male & Female 40-60+ receive a Turkey!!



ALL Participants will receive mini pie after race!!!

**-- All proceeds to support "New Outdoor Community Tennis Courts!!" --**

**\*\*Registration Deadline Friday, Nov. 8<sup>th</sup>**

to guarantee shirt day of race – will place add'l order for shirts after race (see late fee below) but MUST pick up at Waukon Wellness Center)

**Entry Fee on/or before Nov. 8<sup>th</sup>**

\$15.00 -- 14 & under (includes short sleeve shirt)

\$25.00 -- 15 & over (includes long sleeve shirt)

**\*\*Late Entry Fee (after Nov 8<sup>th</sup> & day of race):**

\$25 - 14 & under

\$35 - 15 & over

**Mail or return registration & payment to:**

Waukon Wellness Center

1220 3<sup>rd</sup> Ave NW

Waukon, IA 52172

--Or--

**Register & pay online @**

<https://waukon.recdesk.com/Community/Member/Login>

**\*\*See WWC Facebook page or [www.waukonwellness.com](http://www.waukonwellness.com) for printable registration form**

### Waukon Wellness Center's 2019 Turkey Trot 5K Registration Form

Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Waiver:** In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I may have against any and all race sponsors and coordinators, their representatives, successors, and assigns for any and all injuries suffered by me in said event. Further, I hereby grant permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purposes whatsoever without compensation or remuneration.

Signature of Participant/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Shirt Size (circle one): YS YM YL -- S M L XL XXL**