# FAQ-RUN DAY INFO

### Packet Pick-Up

-Pre-race packet pick-up is available Monday, Nov 19th-Nov 21st at the Y.

-Race Day packet pick-up is also available between 6:45-7:50AM, Nov 22nd.

-If you can't make it to Packet Pick-Up, someone can pick it up for you!

## Pre- Run Activities

- -7:40AM-Warm ups led by our Fitness Instructors.
- -Smoothie orders for New Registrants.
- -Voting for best Dressed Runner & Dog

## Post-Run Activities

- -Pick up your pre-made smoothie with your bib number.
- Showers will be available

## -<u>Awards</u>

- \*ALL awards will be announced after the last runner finishes.
  - -Top Male & Female Adult
  - Top Male & Female Youth (16 & younger)
  - Best Dressed Runner
  - Best Dressed Dog

-Refunds will not be issued if you can not attend the race. We will save your t-shirt if registered by November 1st. You can pick it up at the Y!

-There will not be water stations available throughout the race route. There will be water available only at the finish line.

## More Ways to Give Back

-If you or someone you know is interested in volunteering, please contact Audrey Marshall at 580-468-YMCA(9622) or tcfyprograms@gmail.com

- We need help with Packet Stuffing, Pre-Race Packet Pick Up, Race Day Packet Pick-Up, Finish Line Water Station, Smoothie Bar (Maker & Clean up), Race Course Clean-up, and Greeter!



## For youth development® For healthy living For social responsibility

# GIVE THANKS AND GALLOP!

## Gobbler Gallop 5K /Gobbler Trot Fun Run

## Thursday, November 22nd THANKSGIVING DAY 2018

#### MAKING CONNECTIONS

201

THAT COUNT



# Thursday, November 22nd 5K Begins at 8am! Gobbler Trot Fun Run Begins at 8:10am!

## 5K Early Bird Registration

\*Received by Thursday, November 1st

- Y Members- \$25
- Non-Members- \$35
- SWFTR Members- \$25

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## **Regular Registration**

\*Received after Wednesday, November 1st or day of the event by 7:50 a.m.

\*\*\*\*We will not take registrations after 7:50AM

- Y Members- \$35
- Non-Members- \$45
- SWFTR Members- \$35

Gobbler Trot Fun Run- \$25

Dog Participation- \$15

Additional Info on backside of registration

\*Please note: All 5K/Fun Run participants registered BEFORE Thursday, November, 1st will be GUARANTEED a 2018 Gobbler Gallop T-Shirt!

OFFICE USE ONLY:

Early Bird Entry Fee:\_\_\_\_\_ \$25/\$35

Dog:\_\_\_\_\$15

Regular Entry Fee: \$35/\$45

Gobbler Trot: \$25

Check the event(s) that you are entering:

\_\_\_\_ 5K Run/Walk (8:00)

\_\_\_\_ Gobbler Trot Fun Run (1 mile) (8:10)

\_\_\_\_ Dog Participation

Name		
Date of Birth//	Gender M/F	T-Shirt Size:
Address		
City	State _	Zip
Best Contact Number ( Home/ Cell/Work )		
Email		
Emergency Contact		_Phone
<u>SMOOTHIE BAR</u> lace smoothie order now. We w o indentify your smoothie after y our run. Base Plant Based Protein (Vanilla) Whey Protein (Vanilla) No Protein	ill use your Bib # you complete <b>Flavor</b> Chocolate	LEVEL OF FITNESS We will use your Level of Fit- ness to indicate your estimated finish time. This will help us have your smoothie made as you finish. Beginner Intermediate Advanced

#### WAIVER:

I am an adult over18 years of age and wish to participate in this Texas County Family YMCA activity. In addition, I give my children permission to participate in this Texas County Family YMCA activity. In exchange for the Y allowing me to participate in Y activites, I will expressly acknowledge that I release the Texas County Family YMCA and its staff members from all liability for injury, loss or damage connected in any way whatsoever to my (or my child's) participation in Y activities, whether on or off Y premises. I understand that this release will include any claims based on negligence, action or inaction of Texas County Family YMCA, its staff, directors, and guests. I have read and I am voluntarily signing this authorization and release. I understand that the Texas County Family YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the Y facilities or are on Y premises. I give my permission to the Texas County Family YCMA to use limitation and obligation, photographs, film footage, or tape recordings which may include my image or voice for purposes of promoting or interpreting Y programs.

Signature: \_

Date:

Register at the Y! 1602 N. Oklahoma St. Guymon, OK 73942 580.468.9622

2018