



2 Race Series in Cocoa Beach

Run or walk both races to
earn the Trick & Trot
Challenge medal!

Trick & Trot Challenge benefits

*Cocoa Beach Recreation Department Youth Camps
Cocoa Beach High School Cross Country & Track Teams
Cocoa Beach High School Key Club & Builders Club
Kiwanis Scholarships*

FRIGHTFUL FAIRWAY 5k
October 25, 7:30 am
Cocoa Beach Golf Course

COCOA BEACH TURKEY TROT 5k
November 27, 8:00 am
Downtown Cocoa Beach

Registration

\$50 Entry by Sept 7
\$55 Entry between Sept 8 and Oct 24
\$60 Entry on Oct 25

For more info and online registration:

<https://runsignup.com/TrickAndTrot>

Enter by mail with check payable to

Cocoa Beach Kiwanis Foundation
P.O. Box 320095
Cocoa Beach, FL 32932

To contact race directors by email:

Frightful Fairway 5k: andrea.segarra@cityofcocoa-beach.com

Cocoa Beach Turkey Trot 5k: turkeytrot5k@cfl.rr.com

Can't make both races? You can enter the series and run either or both races virtually and still earn the series medal.

Races have their own amenities in addition to the series medal. See race websites for details.

Overall Series Awards compliments of Ron Jon Surf Shop for the 1st, 2nd, and 3rd place overall male and female finishers in the series. Points awarded based on overall finishing place in each race - 1 point for 1st, 2 points for 2nd, etc. Lowest overall score wins. Virtual racers are not eligible for the overall awards. Awards presented at the Cocoa Beach Turkey Trot 5k.

FRIGHTFUL FAIRWAY 5k

COCOA BEACH TURKEY TROT 5k

Name _____ Address _____ Male _____ Female _____ Age _____
City _____ State _____ Zip _____ Phone _____
Email _____

Race Shirts (includes one for each race) YM S M L XL XXL (Turkey Trot offers YS and YL, and additional Mens and Ladies sizes)

I assume all risks associated with my participation as a participant in the Frightful Fairway 5k and Cocoa Beach Turkey Trot 5k, including, but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent if under 18)

Date

