



Mary Washington Healthcare



27th Annual YMCA Thanksgiving Day Turkey Trot 5K Run/Walk

Thursday, November 28, 2019 7:45am James Monroe High School

Packet Pick-up: November 27th from 11-5:00pm and race day from 6:15-7:45am at JMHS.

5K Run/Walk: Start at JMHS, 2300 Washington Ave, Fredericksburg, VA 22401, 7:45am Gun Time, with each wave approx. 5 min apart.

Waves: 5 run waves (see below). Chronotrack bib tag timing by Race Timing Unlimited. Start and finish times are recorded. Streets close at 9:30am.

Awards: Cash prizes for top 5 Overall male/female (\$400, 200, 100, 75, 50) and gift certificates for top 3 Masters female/male. Awards for top 3 males/females in the following age groups: 13 & up, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over. Overall awards based on Gun Time. Masters and Age Group Awards based on Net Time.

Amenities: Classic Cotton Long Sleeve T shirt and refreshments. (after 11/17 no shirt guarantee)



Fees: Registered/Postmarked by November 10, 2019: 5 K: \$25 each Families of 3 or more: \$23 each

Registered/Postmarked after November 10, 2019: 5 K: \$28 each Families of 3 or more: \$25 each

Race Day Registration: \$35 (6:15-7:45AM) Entry Fees are non-refundable. Proceeds benefit Rappahannock Area YMCA programs.

3 Ways to Register!

- 1. Register online - save a tree! www.racetimingunlimited.org until 8pm on 11/25.
2. Mail check or money order (made out to YMCA) and registration form to: YMCA Turkey Trot 212 Butler Rd., Falmouth, VA 22405. Must arrive by 11/25.
3. Register in Person at your Y branch until 11/22. Questions? Terry McLaughlin tmlaughlin@famil-ymca.org

This tradition would not be possible with out the following sponsors!!

Mary Washington Healthcare, Rappahannock Orthodontics, Pohanka Honda of Fredericksburg Race Series, Coker Family, 95.9 WGRQ, Thunder 104.5, CSI Communication Specialists, ClearCare, WHSC, The Keddie Group of Davenport & Co., Homewood Suites by Hilton, Wegmans, Paragon Theaters/Spiltsville Lanes, Community Bank, Fredericksburg Parent & Family, Chick-fil-a, Lucky Road.

Last Name:

Grid for last name

First Name:

Grid for first name

Address:

Grid for address

City:

Grid for city

State:

Grid for state

Zip Code:

Grid for zip code

Date of Birth (mm-dd-yy)

Grid for date of birth

Age:

Grid for age

Sex M/F

Grid for sex

T-Shirt Size (circle one, no shirt guarantee after Nov. 17):

Buttons for T-shirt sizes: YES, YM, YL, AS, AM, AL, AXL, AXXL



If you want to run with your family/friends, please have everyone select the same wave!

Please check ONE: (no check assumes Runner)

Runner checkbox

Runner

Walker checkbox

Walker

YMCA Turkey Trot 5k checkbox

YMCA Turkey Trot 5k Registered/Postmarked by 11/10 5 K : \$25 each Families of 3 or more: \$23 each

Registered/Postmarked after 11/10 checkbox

Registered/Postmarked after 11/10 5K : \$28 each Families of 3 or more: \$25 each

Race Day Registration checkbox

Race Day Registration: \$35 each

Entry Fees are non-refundable

Check ONE estimated finish time: (no check puts you in Green Wave)

Yellow Wave checkbox

Yellow Wave: Under 25:00 min

Green Wave checkbox

Green Wave: All **walkers and *strollers.

** All walkers must maintain 28 min mile pace. Roads close at 9:30am

Blue Wave checkbox

Blue Wave: 25:01 - 31:00 min

*If you are running with a stroller, line up in back of your run wave

Red Wave checkbox

Red Wave: 31:01 - 35:00 min

Grey Wave checkbox

Grey Wave: 35:01 min - over

E-Mail:

Phone:

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Rappahannock Area YMCA, Inc., RTU, City of Fredericksburg, and any and all participating sponsors and supporters for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to sue my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Your Signature

Parent Signature if under 18)