



27th Annual

# COKER FAMILY

YMCA Thanksgiving Day Turkey Trot 1 Mile & 1/2 Mile Youth Run

Thursday, November 28, 2019 9:45 AM- First Heat James Monroe High School

**Packet Pick-up:** November 27th from 11-5:00 pm at JMHS and on race day from 6:15-10:10am.

**Mile Run:** 9:45 AM Girls 7 -12, 10:00 AM Boys 7-12, 10:15 AM Girls & Boys 6 & under

**Half-Mile Run:** 10:30 AM Girls 6 & under / 10:40 AM Boys 6 & under

**Awards:** Awards will be mailed to all Age Group Winners. Mile awards to the top 3 male and female in the following age groups: 6 & under, 7-8, 9-10, and 11-12. Half-Mile awards to the top 5 Male and Female in the 6 and under. Medals to all youth who finish!

**Amenities:** Classic Cotton Long Sleeve T shirt and race refreshments. After 11/17 no shirt guarantee.

**Fees:** \$15 before 11/26 \$17 at packet pick up date of 11/27. \$20.00 Race Day Entry Fees are non-refundable.

**3 Ways to Register!**

1. Register online – save a tree!: [www.racetimingunlimited.org](http://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.
4. Questions? Contact Terry McLaughlin [tmclaughlin@family-ymca.org](mailto:tmclaughlin@family-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:

First Name:

Address:

City:  State:  Zip Code:

Date of Birth (mm-dd-yy)  Age:  Sex M/F   Event

T-Shirt Size (circle one):  
 YS YM YL AS AM AL AXL Mile 1/2 Mile 6 & under only

### COKER FAMILY 1 mile and 1/2mile Youth Run

- \$15 Registered/Postmarked by 11/22
- \$17 Registered at packet pickup 11/27
- \$20 Race Day registration

Phone:

E-Mail:

*Entry Fees are non-refundable*

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.

Signature of Parent or Guardian \_\_\_\_\_

