HASTINGS FAMILY YMCA
TURKEY TROT

NOVEMBER 23, 2019

Check-in begins at 7:30 a.m. Tennis Court

Both events begin: 8:30 a.m. 18th Street YMCA

Presented by:

SONIC America's Drive-In.

MR. SPARKLES CLEANING SERVICES
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402-834-3733

The Hastings Family YMCA is hosting their annual Frozen Turkey Trot. The Turkey Trot is a 5K run or walk and the winners take home different courses of a Thanksgiving Day feast. Top prizes in men's and women's categories are frozen turkeys. In the Family Edition, each family will carry a frozen turkey and throughout the course, pick up other dinner items to adorn their Thanksgiving Feast. Families can be made up of relatives, co-workers, friends, etc.

Registration deadline: Family Race: November 20th | Individual Race: Morning of Race

Entry fee: $25 5K Race | $55 for Family Edition (2 shirts included, add'l shirts $7.00 ea)

After Oct. 31: $30 5k Individual | $65 Family Edition

REGISTER BEFORE OCT. 15 AND GET A FREE TURKEY TROT MUG!
ONE PER REGISTRATION (ADDITIONAL MUGS: $5)

If you have any questions, please contact Erika Knott, Wellness Director, at 402.463.3139 or via e-mail at erikak@hastingsymca.net

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2019 Turkey Trot

Name:_____D.O.B:_____Phone:_____

Address:_____City/Zip:_____

E-mail Address:_____

Please circle event: 5K Turkey Trot $25/$30 | Family Edition $55/$65

5K T-shirt Size (circle one): Small | Medium | Large | XL | 2XL | 3XL

Family Edition: (2 shirts are included in registration. Add $7.00 for each additional shirt)

____Youth S ____Youth M _____Youth L _____Adult S _____Adult M ____Adult L _____Adult XL _____2XL _____ 3XL

Order extra mugs for $5 each (Must be before Oct. 15) Number of extras:_____

Office Use Only:
Payment_____
Todays Date_____
Staff Initial____
Turkey Trot `19

I release the Hastings Family YMCA and anyone associated with the Frozen Turkey Trot from all responsibility in the event that I am injured as a result of participating in the event. I take full responsibility for my actions during this event and understand that there is a risk of physical injury and agree to assume the full risk of any injuries or loss which I may sustain as a result of my participating. I further state that I am in proper physical condition to participate in this event. Further, I hereby grant full permission to the Hastings Family YMCA and its agents to use any photographs or videotapes of the event for any legitimate purpose at any time. I have read this waiver carefully, understand it and submit to its conditions.

_____   _____

Participant Signature   Signature of parent/guardian if under 18

How did you hear about this registration? ☐YMCA website ☐YMCA Facebook ☐Walk-in ☐YMCA Staff Member

☐ School   ☐ Radio   ☐ Television   ☐ Email   ☐ Text Message   ☐Newspaper   ☐ Other