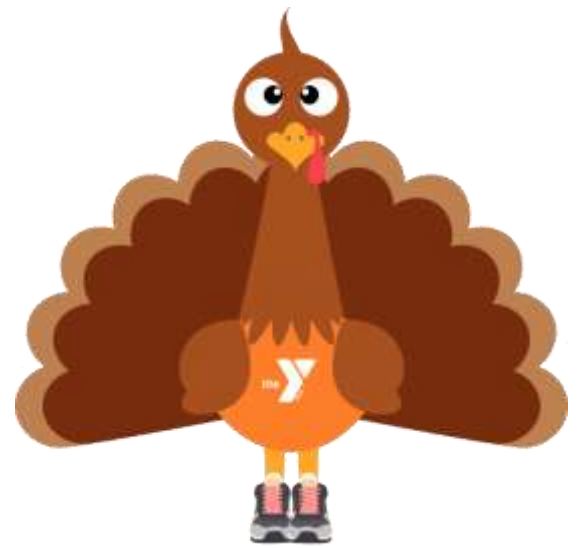


# FREMONT FAMILY YMCA

# TURKEY TROT

Thursday, November 28, 2019



**WHAT** – 2 and 5 mile runs with 1 mile family walk

**WHERE** – Fremont Family YMCA, 810 N. Lincoln Ave., Fremont, NE 68025

## RACE DEADLINES/FEEES (includes cost of t-shirt)

Registrations must be received by the following dates:

On or before November 4 \$20 (guaranteed a t-shirt)

November 5-17 \$25 (guaranteed a t-shirt)

November 18-27 \$30 (online and at YMCA front desk; not guaranteed a t-shirt day of race)

Day of race \$35 – RACE ONLY/NO SHIRT! registrations accepted until 8 a.m. day of race

Walkers FREE! T-shirts \$10 if registered on or before Nov. 4; \$15 Nov. 5-27

If the race is cancelled due to inclement weather or other circumstances, it will not be rescheduled nor will there be refunds.

★ Registrations and payments can be made on our website – [fremontfamilyymca.org](http://fremontfamilyymca.org) or you can fill out the registration on the back of this flyer and return it to the YMCA's front desk with payment. Please follow the above registration deadlines.

★ Although WALKERS are free, they must still register as well.

Race shirts will not be held longer than January 2020, so please get yours before this date.

**WALKERS** – there is no cost to walk, but we ask that walkers still register. Walkers can purchase t-shirts for \$10 each (if registered on or before Nov. 4). If registered Nov. 5-27, t-shirts will be \$15.

## .....RACE INFORMATION .....

**RACE TIMES** – The 5-mile race will begin at 8:30 a.m.; the 2-mile race will begin at 8:35 a.m. followed by the walkers.

**RACE DIVISIONS** – Male and female in the following age groups – grade school (K-5th grades), middle school (6<sup>th</sup>-8<sup>th</sup> grades), high school (9<sup>th</sup>-12<sup>th</sup> grades), 18 (college)-29, 30-39, 40-49, 50-59, 60+. The finish line will stop recording results at 9:45 a.m. to better expedite race results.

**RACE RESULTS** – If you include your email address, results can be mailed to you.

**PRIZES** – Top male and female finishers in the five mile will receive \$100 (which will be mailed the following week). Male and female age division winners in both the two and five mile races will receive medals. You must pick up your medal on race day or at the YMCA's front desk – no medals will be mailed.

Refreshments and door prizes will be held in the Large Gym. Complete race results will be known shortly after the last runner has completed the course.



**PACKET PICK-UP** – Race packets will be available to be picked up on Wednesday, November 27 beginning at 12 noon-10 p.m. and then day of race beginning at 7 a.m.

**RACE DIRECTOR** – Brooke Eklund, 402-721-6952 or [brooke@fremontfamilyymca.org](mailto:brooke@fremontfamilyymca.org)

(Please return to the Fremont Family YMCA; please see front of flyer for registration deadlines)

# 2019 FREMONT FAMILY YMCA TURKEY TROT ENTRY FORM

PLEASE FILL OUT THE FORM COMPLETELY and PLEASE PRINT!!! One person per entry.  
 (REMEMBER – you can register and pay on our website – [fremontfamilyymca.org](http://fremontfamilyymca.org))

## RUNNER CONTACT INFORMATION

Name (First and Last)			
Address (Street, City, State, Zip)			
Telephone	Home	Work	Cell
Email			
Emergency contact		Phone #(s)	

## RUNNER RACE INFORMATION

Age		Date of Birth		<input type="checkbox"/> MALE			<input type="checkbox"/> FEMALE		
<input type="checkbox"/> Grade School	<input type="checkbox"/> Middle School	<input type="checkbox"/> High School	<input type="checkbox"/> College-29	<input type="checkbox"/> 30-39	<input type="checkbox"/> 40-49	<input type="checkbox"/> 50+	<input type="checkbox"/> 60+		
<input type="checkbox"/> 2 MILE RUN					<input type="checkbox"/> 5 MILE RUN				
SHIRT SIZE (circle)	Youth Small	Youth Medium	Youth Large	Adult Small	Adult Medium	Adult Large	Adult XLarge	Adult XXLarge	

## WALKER INFORMATION – Individual and Family

Contact Person (First and Last)			
Address (Street, City, State, Zip)			
Telephone	Home	Work	Cell
Email			
If you are a family, # of walkers			
Emergency contact		Phone #(s)	

All walkers are free unless you purchase a shirt(s). Please circle the size(s) below. Prices on front sheet.

How many shirts are you ordering?								
SHIRT SIZE (circle)	Youth Sm.	Youth Med.	Youth Lg.	Adult Sm.	Adult Med.	Adult Lg.	Adult XLg.	Ad. XXLg.

**WAIVER:** In consideration of your acceptance of my entry, I hereby from myself, my heirs and executors, waive and release any and all rights and claims for damages against the Fremont Family YMCA, all sponsors, meet officials, volunteers and workers from any injuries suffered by participant listed above in connection with the event. I further certify that the above parties are in good enough physical condition to participate in the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

FOR OFFICE USE ONLY: \$20 on or before Nov. 4; \$25 Nov. 5-17; \$30 Nov. 18-27; Nov. 28 - \$35 (no shirt).

Amt. Pd. \_\_\_\_\_ Date Pd. \_\_\_\_\_ Receipt # \_\_\_\_\_ By \_\_\_\_\_ Aut19

**YMCA MISSION:** God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures. It is the mission of the Fremont Family YMCA to help put these principles into practice through programs that help build healthy spirit, mind and body for all.

**NO YOUTH DENIED:** Any child may belong to the Fremont Family YMCA regardless of income or family situation. If you know of a child who would like to belong, please notify the YMCA staff.