



# ANNUAL THANKSGIVING DAY TURKEY TROT 5K

**Presented by:  
Lake Wales Family YMCA**



## **NOVEMBER 22, 2018**

**Registration 7:30am / Race start 8:00am**

**Race Start: 160 E Park Ave, Lake Wales, FL**

### **Race Entry Fees:**

**Through September 30: \$20**

**October 1–November 5: \$25**

**November 7–November 20: \$30**

**Packet Pick-up or Race Day: \$35**

**Students 17 & under: \$15**

### **Register:**

**Online at [lakewalesymca.org](http://lakewalesymca.org), at the YMCA branch,  
or mail in your registration with payment**



Packet Pick-up: Nov. 21, 9am–5pm,  
Lake Wales Family YMCA 1001 Burns Ave. Lake Wales, FL  
In partnership with J7 Sports Event Management

**Bib Chip Timed  
Walker Friendly  
Participant's T-Shirt  
Finisher's Medals  
Family Friendly**



# LAKE WALES FAMILY YMCA TURKEY TROT

**PLEASE PRINT LEGIBLY**

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female (Please sign the waiver at the bottom of this page.)

T-shirtYouth:  S  M  L Adults:  S  M  L  XL  XXL Note: \$2 upcharge for size XXL

Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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**Awards:**

- Top Overall Male and Female
- Top Overall Male and Female Masters (40 and over)
- Top 3 in Age Groups: 9 & under, 10-17, 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- Ceremony at conclusion of race

**Packet Pickup:**

November 21, 9am-5pm,  
Lake Wales Family YMCA  
1001 Burns Ave. Lake Wales, FL

**Race Location:**

160 E Park Ave., Lake Wales, FL

**FINISHER'S MEDAL  
TO ALL 5K PARTICIPANTS!**

**FREE Kids' Run at 9am  
(participants receive a ribbon)**

I understand that the Lake Wales YMCA assumes no responsibility for injuries or illness which individuals on this application may sustain as a result of a physical condition or resulting from participation in any athletic activity, sports program, and the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illness which may result from my participation in these activities. I hereby release and discharge the Lake Wales Family YMCA its agents, board members, servants and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the Lake Wales Family YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the YMCA facilities or are on YMCA premises, or participating in YMCA programs or events. I give permission to the Lake Wales Family YMCA to use without limitation or obligation, photographs, film footage, or tape recordings which my include my image or voice for purposes of promoting or interpreting YMCA programs.

**Signature of participant/legal guardian if under 18**

\_\_\_\_\_

\_\_\_\_\_ Date