



Turkey Trot 10K/5K & 1 Mile Fun Run

Where: Fort Rucker Physical Fitness Center
Bldg 4605, Andrews Ave, Fort Rucker, AL

When: Saturday November 21, 2009

Details: Race day registration: begins at 0730
5K/10K Race begins at 0900
Fun Run will start after the end of the race.

Race Course:

10K course:

Runners will start at the corner of Gladiator and 3rd Ave. Run up 3rd Ave toward the Daleville gate, left on Raider, right on Ave K, left on Quartermaster to Engineer, right on Engineer to Dilly Branch Rd, left on Dilly Branch to the marked turn around point. There will be two water points on the 10 k course (one on Quartermaster, one on Dilly Branch).

5K course:

Runners will start at the corner of Gladiator and 3rd Ave. Run up 3rd Ave toward the Daleville gate, left on Raider, right on Ave K, left on Quartermaster. The turn around point will be on Quartermaster before the RR tracks. There will be a water point at the turn around.

Note: Walkers are welcome to participate!

Entry Fee:

Pre-registration fee is \$15 by November 14. November 15 and up to race day, entry fee is \$20. No T-shirt option fee: \$10
Teams: Teams of 8 persons pay \$10 per team member, each additional person pays normal registration fee.
Fun Run registration is free to all children 12 and under, each child will receive a medal. T-shirts are \$10.
All pre-registered competitors will receive a T-shirt and all teams will receive a T-shirt.
Competitors registering after November 14, will receive T-shirts while supplies last

Canned Food Drive: Show your support for you community!
Bring a canned food item for the Fort Rucker Food Locker.

Pre-Registration:

Pre-registration is highly recommended.

Registration forms will be at both the Fortenberry-Colton Physical Fitness Center and the Fort Rucker Physical Fitness Center. Entry forms are also available to print off on the MWR website: <http://www.ftrucker.mwr.com>.
Entry forms can be processed and paid for (with CASH or CHECK only) at either Physical Fitness Center.
If mailing in your registration form, please DO NOT SEND CASH. Make check out to **IMWRF** and mail to:
Turkey Trot 10K/ 5k/1 mile fun run
Physical Fitness Center
Bldg. 4605 Andrews Ave.
P.O. Drawer 620189
Fort Rucker, AL 36362

Awards:

Trophies will be awarded to the Overall Female and Male, Master Female and Male, Grandmaster Female and Male, Fastest Runner with a Dog, Fastest Runner with a Stroller, and Fastest Wheelchair participant. First Place trophies, Second and Third Place medallions will be awarded for the following age categories: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69 for both males and females. 1st place trophy will be awarded to the 1st place team. Streamers will be given to all finishing teams. Team members may run individually and qualify for age category awards.

Sports drinks, water and fruit will be at the finish Line.

Questions? Contact: Caroline Driscoll; phone; 255-0308; email: caroline.driscoll@us.army.mil



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ENTRY FORM

Circle Race: 10K 5K 1 Mile Fun Run

Circle preferred shirt size: Youth M Youth L
Small Medium Large X-Large ***shirt sizes will be on a first-come, first-served basis***

Team Name: _____ POC/phone number _____

RELEASE & HOLD HARMLESS AGREEMENT DEPARTMENT OF MORALE, WELFARE, AND RECREATION

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official, relative to my ability to safely complete the run. I assume all risks associated with running, in this event including, but not limited to, falls contact with other participants, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Morale, Welfare, and Recreation Fund and the United States Government, from any liabilities or claims arising from my own participation. I agree that I will never prosecute, or in any way aid in prosecuting any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever as a result of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct or fraud.

Name: _____ Date of birth: _____

Status (circle one): Active Duty Dependent Reserve Retired Civilian

Phone: _____ Email: _____ Sex: _____ Age (as of Nov 15): _____

Address: _____

City: _____ State: _____ Zip code: _____

How did you find out about this event? (circle any that apply)

Flier Poster Marquee MWR website website (other) friend/word of mouth Ch.6 Other _____

Signature: _____ Date: _____

(Parent or Guardian must sign if under 18.)

United States Government, as used here, includes Morale, Welfare, and Recreation Activities (MWR) and officer, Agency or employee of the United States Government or MWR Activities acting officially or otherwise. Entry forms can be processed and paid for (with Cash or Check ONLY) at either Physical Fitness Center. You can Mail this entry form and check (made out to IMWRF) to the address below:

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Physical Fitness Center
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Fort Rucker, AL 36362