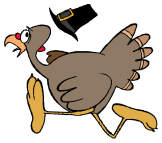

17th Annual

Friends Of Micah/YMCA
Thanksgiving Day Turkey Trot 5k Run/Walk
November 26, 2009 – 9:05 AM

5k Run/Walk: Begins at the Central Rappahannock Regional Library (CRRL), at 1201 Caroline Street, and ends at the TruLuv's Restaurant on Sophia Street. **11th race of the Coldwell Banker Elite Grand Prix race series!**

Awards: Cash prizes for top **FIVE** Overall male and female ($250, 200, 150, 100, 50) and top 3 Masters female/male (gift certificates awarded). Awards for top three males and females in the following age groups: 13 & U, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over. (more details on awards see **www.ymcaracing.com**)

Amenities: Long Sleeve T-shirts, and race refreshments.

Rules: This is a RRCA Sanctioned event, all rules are in effect (www.rrca.org). Chip timing provided by **Race Timing Unlimited. Only Gun Time is being recorded.** ***Awards based on Gun Time***.

Packet-Pickup: To be held at the City Library on Nov 25 from 11:00 am – 5:00 pm. You may also pick up your packet on race day from 7:00 am – 9:00 am at the City Library.

Entry Fees:

Postmarked by November 11, 2009

5k Run/Walk $20.00 Families of 3 or more, $19.00 each

Postmarked after November 11 up to Race Day

5k Run/Walk $22.00 Families of 3 or more, $21.00 each

5k Race Day Registration $30.00 from 7:00 am – 8:30 am

More Info and Directions:

Please call (540) 371-9622 - #4 (Massad Branch), or go online to www.ymcaracing.com

Registration: You can register online using racetimingunliited.org or make check payable to:

Rappahannock Area YMCA

Mail to: Friends of Micah Turkey Trot – 212 Butler Road, Falmouth, VA 22405

Special Thanks to Our Sponsors:

Coker Orthodontics, VA Runner, NSWC Federal Credit Union,
Virginia Cardiovascular Consultants, Rappahannock Foot & Ankle Specialists,
Hilton Garden Inn, Affordable Sanitation, 95.9 WGRQ, Thunder 104.5,
Chick-Fil-A, Pepperidge Farm, Joe Ragan's Pure Water

Date of Birth (mm-dd-yy) | Age | Sex M/F | T-Shirt (circle) S M L X | Phone #

Last Name | First Name

Address

City | State | Zip Code

☐ Clydes Div 200 +

☐ Athena Div 150 +

E-mail

Incomplete or unsigned entry forms will not be accepted!

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, RTU, FARC, 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 use my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature (parent if under 18) _____

Postmarked by Nov 11, 2009

☐ 5k run/walk - $20.00

☐ Family 3 or more $19.00each

Postmarked after Nov 11, 2009

☐ $22.00, $21.00 for 3 or more family only

Payment Method

Send Check or Money Order to:

Friends&Family Turkey Trot
212 Butler Rd
Falmouth, VA 22405

Check made out to:

Rappahannock Area YMCA

Entry fees are non-refundable