

Release Form

**(Mandatory)
Incomplete or unsigned entry
form will not be accepted.**

In consideration of the entry, I, the undersigned, waive and release the City of Delray Beach and all other sponsors and officials, including their agents and employees from liability, for any claim I/my family might otherwise have for participation in the Annual Turkey Trot. I agree to indemnify and hold harmless those released above from and against any such claims, damages, losses, and expenses including attorney fees. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. I attest and verify that I am informed of all dangers of racing in hot weather.

At various times, the City of Delray Beach videotapes & photographs events to be submitted to the local media. By participating in the Annual Turkey Trot, I/we hereby authorize the City of Delray Beach to reproduce, copy, exhibit, publish, broadcast or distribute any an all such tapes or photographs. I have read the above, and understand the rules and regulations for the Annual Turkey Trot that have been made available to me.

Signature _____

Parent or Guardian Signature, (if under 18) _____

Date _____

Thank you
Sponsors!



Bald's
PRINTING



Roadid
Be seen wearing it.

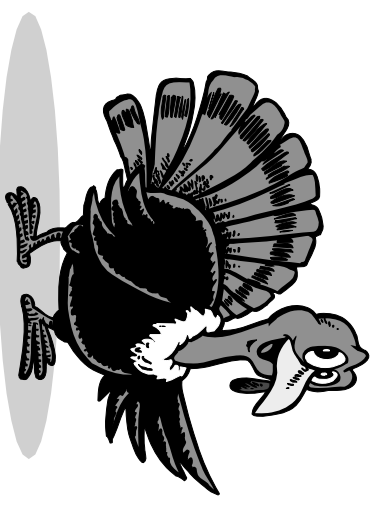


**Donations of canned goods
accepted on race day.**

Delray Beach Parks & Recreation Department
50 NW 1st Ave. • Delray Beach, FL 33444
Phone: (561) 243-7250 • Fax: (561) 243-7268
Visit us online at: MyDelrayBeach.com

**24th Annual
Turkey Trot
5k Run & Health Walk**

November 20, 2010
7:30 am Sharp!



Proceeds benefit the
"Keith Straghn Feed the
Hungry Thanksgiving
Drive"

**Donations of canned goods
accepted on race day.**

Place:

Anchor Park – South Ocean Blvd. (A1A) Delray Beach

Times:

Race Day Registration 6:00-7:20 am (race packets will be distributed at this time)
 5K Run – 7:30 am Sharp!
 5K Walk – 7:35 am Sharp!

Entry Fees:

5K Run – \$25.00 Pre-Registration (by Nov. 12)
 \$30.00 Race Day Registration (By Nov. 12)
 5K Healthwalk – \$20.00 Pre-Reg. (On/After Nov.13)
 \$25.00 Race Day Registration
 (On/After Nov. 13)

Pre-Registration:**Make Check Payable to**

City of Delray Beach

Mail to:

Split Second Timing
 Delray Beach Turkey Trot
 2211 Charleston
 Weston, FL 33326

No entry accepted without fee or signed waiver (back). No Refunds.

Divisions:

14 & under to 80+ (5 year increments); Wheelchair; Health Walk – no divisions

Distance/Course:

5K (3.1 miles)
 Run ONLY is USATF Certified #FL94047DL

Awards:

5K Run Only – M&F 1st Overall; 15 divisions in 5 year age groups receive trophies in 1st, 2nd, and 3rd. Wheelchair will receive 1st and 2nd.

Champion Chip:

All participants will be required to pick up their Champion Chip on the day of the event. Any participant who does not wear the Champion Chip on their running shoe or fails to pick up the Champion Chip on race day will not be timed or scored in the results. All chips must be returned to volunteers at the finish line.

T-shirts:

Commemorative T-shirt for all participants. Late entrants not guaranteed correct sizes on race day.

Warm Weather Warning:

Temperatures/humidity can be high in South Florida. Participants should drink plenty of fluids (non-alcoholic) for 48 hours prior to, during and upon finishing the race. Beware of heat-injury symptoms (dizziness, no sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose, light-colored clothing. Race will take place rain or shine.

Medical:

City of Delray Beach paramedics will be on alert during this event if assistance is needed.

Directions:

From I-95 exit Atlantic Avenue East. Continue into downtown to Gleason Street and make a right. Sandoway and Ingraham Parks (Parking) will be on the left. There will be no available parking at Anchor Park.

Parking:

Please carpool to race if possible. NOTE: Free metered parking at Sandoway and Ingraham parks from 6:00 am to 9:00 am. After 9:00 am metered parking will be enforced. Look for Event Parking Signs.

Misc:

NO: roller blades, skate boards, baby joggers/strollers or dogs.

Volunteer:

If for some reason you can't enter the race, you can still participate by being a volunteer. No experience necessary. To volunteer, call (561) 243-7277.

For Additional Information:

Call Danielle Beardsley, Delray Beach Parks & Recreation at (561) 243-7277 OR Rick Stern, Split Second Timing at (954) 384-7521.

Registration Form

Sign up for:
 5K Run – 7:30 am Sharp!
 5K Health Walk – 7:35 am Sharp!

Pre-Register (by Nov. 12)
 \$25.00
 \$20.00

Race Day (on/after Nov. 13)
 \$30.00
 \$25.00

Last Name _____ First Name _____
 Birthday (Mo/Day/Year) _____ Age on Race Day _____
 Male Female

Address _____ Apt. # _____

City, State Zip _____

Phone _____

Email Address _____

T-shirt Size
 S M L XL

Make Check Payable to:
 City of Delray Beach

Mail check and form to:
 Split Second Timing
 Delray Beach Turkey Trot
 2211 Charleston
 Weston, FL 33326

**Please sign waiver on back.
 No entry accepted without fee. No Refunds.**

**Donations of canned goods
 accepted on race day.**

Register on-line at www.splitsecondtiming.com