Rappahannock Area YMCA – 17th Annual

Coker Orthodontics Thanksgiving Day Turkey Trot

1 Mile Youth Run – 13 & Under

November 26, 2009 – 7:30 AM – First Heat

Races begin at the Central Rappahannock Regional Library (CRRL), at 1201 Caroline Street, and ends at the TruLuv's Restaurant on Sophia Street.

Youth 1 Mile Run Schedule
7:30 am Girls 7 & 8
7:45 am Girls 9 & Up
8:00 am Boys 7 & 8
8:15 am Boys 9 & Up
8:30am Girls and boys 6 & under

More information?
Go to www.ymcaracing.com

Awards: ***Awards will be mailed to all Age Group Winners***
Classic Turkey Trot awards to the top 5 male and female in the following age groups: 6 & Under, 7-8, 9-10, and 11-13. Special awards to all youth participants at the finish. Numerous random prize drawings before the 5k awards ceremony.

Amenities: Long Sleeve T-shirts, and race refreshments – Sizes include Youth Small (ys), Youth Medium (ym), Youth Large (Yl), and normal adult sizes – please circle below your choice..

Packet-Pickup: To be held at the City Library on Nov 25 from 11:00 am – 5:00 pm. You may also pick up y day starting at 7:00 am. Please arrive at least 30 minutes before your race starts!

Entry Fees: Youth 1 Mile: $13.00 before 11/24, $14.00 at packet pickup date of 11/25
Registration available up to packet pick-up day on November 26 from 11:00 am to 5:00 pm at the CRRL.

No Race Day registration for the Youth Race

Checks Payable to: ***Rappahannock Area YMCA***

Or register online at RTU or

Mail to:

Rappahannock Area YMCA
212 Butler Road
Falmouth, VA 22405

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

Entry fees are non-refundable

Special Thanks to Our Sponsors: Coker Orthodontics,

Virginia Cardiovascular Consultants, VA Runner, Rappahannock Foot & Ankle Specialists, NSWC Federal Credit Union, 95.9 WGRG, Thunder 104.5, Chick-Fil-A, Pepperidge Farm,

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Ys Ym Yl As Am AL

Date of Birth (mm-dd-yy) | Age | Sex M/F | T-Shirt Size | Phone #

Last Name | First Name

Address

City | State | Zip Code

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) _____

Youth 1 Mile race

$13.00 do not mail after 11/21

Payment Method

Send Check or Money Order to:

Rappahannock Area YMCA

212 Butler Road

Falmouth, VA 22405

Check made out to:

Rappahannock Area YMCA