





19<sup>th</sup> Annual

# COKER ORTHODONTICS

## YMCA Thanksgiving Day Turkey Trot 1 Mile Youth Run

Thursday, November 24, 2011 @ 7:30 AM- First Heat

**Location:**

2300 Washington Ave., Fredericksburg, VA 22401– at James Monroe High School (JMHS)

**Packet Pick-up:** November 23<sup>th</sup> from 11-5:00 pm at JMHS and on race day from 7-8:45 am at JMHS

**Events:** 7:30 AM Girls 7 & 8 / 7:45 AM Girls 9 & up / 8:00 AM Boys 7 & 8 / 8:15 AM Boys 9 & up / 8:30 AM Girls & Boys 6 & under

**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.

More info? Visit: [www.ymcaracing.com](http://www.ymcaracing.com).

**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 your choice below.

**Fees:** Youth 1 Mile Run: \$13 before 11/21/2011, \$14 at packet pick up date of 11/23/2011. Registration available until packet pick up day – **NO RACE DAY REGISTRATION FOR YOUTH RACE.** *Entry Fees are non-refundable*

**Payment Method(s):** Send check or money order (made out to the Rappahannock Area YMCA) along with this registration form to: YMCA Turkey Trot 212 Butler Rd., Falmouth, VA 22405. You can also register online: [www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**Thank you to our sponsors: Coker Orthodontics, Mary Washington Healthcare, Rappahannock Foot & Ankle Specialists, VA Runner, 95.9 WGRQ, Thunder 104.5, Virginia Cardiovascular Associates, Chick-Fil-A, Pepperidge Farm, The Supply Room Companies, Homewood Suites by Hilton**

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Date of Birth (mm-dd-yy)

Age:

Sex M/F

T-Shirt Size (circle one):

YS    YM    YL    S    M    L    XL

Phone:

E-Mail:



### Youth 1 Mile Run

**\$13 (Do Not Mail after 11/20/2011)**

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*Entry Fees are non-refundable*

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, Inc., 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 sue 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) \_\_\_\_\_



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