



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1ST ANNUAL TURKEY TROT 5K RACE



5K Run/Walk & Youth Lil' Gobbler Mile Run
SOUTHSIDE VIRGINIA FAMILY YMCA

SATURDAY, NOVEMBER 23rd, 2013

TURKEY TROT 5K RACE: 9AM

YOUTH LIL' GOBBLER MILE RUN: BEGINS AFTER TROT TAKES OFF

Make room for the biggest meal of the year on our 5K Run/Walk starting at the Y,
580 Commerce Road, and trotting through Prince Edward County Business Park.
Got to do a little HUFFIN' for the STUFFIN'!!!

REGISTER TODAY!

*Registration form on back

COST: 5K Run/Walk: \$20*

Youth Miler: \$10*

***\$5 Increase on Race Day**

THANKSGIVING FOOD DRIVE RAFFLE!
For every 3 cans/boxes donated to FACES on
race day, receive a raffle ticket towards the
"Trotter's Prize Basket"!

For more information contact
Taylor Hart, Wellness Director, at
(434) 392-3456 or thart@southsidevafamilyymca.org

1st Annual Turkey Trot 5K Race & Youth Lil' Gobbler Mile Run

Saturday, November 23rd, 2013

Turkey Trot 5K Race: This rolling hill course starting at the Y, 580 Commerce Road, and through the Prince Edward County Business Park is a great way to get your exercise in before the biggest meal of the year! Walkers and runners alike are invited to trot amongst friends and family as we healthily celebrate the season. Medals will be presented to the top 3 overall male & female finishers and top finishers in each age category. Categories for men & women include: 10 & under, 11-18, 19-29, 30-39, 40-49, 50-59, 60 & over. Timing and scoring of the race will be done by Riverside Runners, Lynchburg, VA.

Youth Lil' Gobbler Mile Run: The youth run will follow after the 5K race begins! Medals will be presented to all children completing this hilly course! The youth run is *not* a timed event.

Friday Nov. 22	Registration/Package Pickup	the Y	12:00pm – 7:00pm
Race Day Nov. 23	Registration/Package Pickup	Starting Line	8:00am – 8:45am
Race Starting Time	9:00am		

Name: _____ Age on November 23: _____ Gender M F

Address: _____ City: _____ State: _____ Zip Code: _____

Email: _____ Phone: _____

T-shirt Size Youth Sizes: S M L Adult Sizes: S M L XL XXL
(T-shirts guaranteed to participants registered by November 9th)

Which event are you planning to participate in:

_____ 5K (\$20 until 11/22, 11/23-race day \$25) or _____ 1 Miler (\$10 until 11/22, 11/23-race day \$15)

Please read the following statement carefully. To participate, you must sign and return this statement with your application.

I do hereby waive the County of Prince Edward, Southside Virginia Family YMCA, any sponsor or fellow participant, from any liability due to personal injury, loss or damage to any property that may occur during the Turkey Trot 5K Race or Youth Lil' Gobbler Mile Run.

Signature (Parent Signature if participant is under 18)

Date

Please make checks payable to the Southside Virginia Family YMCA and mail to:
Southside Virginia Family YMCA
Attention Turkey Trot Run/Walk
580 Commerce Rd
Farmville, VA 23901

THANKSGIVING FOOD DRIVE RAFFLE: The Y is partnering with FACES Food Bank to host a food drive at the Turkey Trot. Non-perishable food donations will be accepted at the packet pick up table on the day of the race. A raffle ticket will be given for every 3 canned or boxed nonperishable food item that you donate to win the "Trotter's Prize Basket".

For more information contact Taylor Hart at (434) 392-3456 or thart@southsidevafamilyymca.org.

