

The Riverfront Swim Club
Turkey Trot 5K Run & Walk
Saturday, November 15th, 2014 at 9am



REGISTRATION FORM

NAME: FIRST: _____ MI: _____ LAST: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE #: _____ EMAIL: _____

BIRTH DATE: _____ AGE ON RACE DAY: _____ GENDER: _____
(mm/dd/yy)

RACE AGE DIVISIONS (CIRCLE ONE): 13 & under / 14-19 / 20-29 / 30-39/
40-49 / 50-59 / 60+

T-SHIRT SIZE (CIRCLE ONE)

CAN ONLY GUARANTEE SIZE IF REGISTRATION RECEIVED BY NOV. 1ST, 2014

ADULT: SMALL MEDIUM LARGE XLARGE XXLARGE NONE REQUIRED

CHILD: SMALL MEDIUM NON REQUIRED

I AM ENTERING THE (CIRCLE ONE): Run Walk 1-Mile Gobbler Donation Only

I know that running a road race is a potentially hazardous activity. I should not enter & run unless I am medically & properly prepared. I agree to abide by the decision of the race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including heat & humidity, traffic & the conditions of the road, all such risks being known & appreciated by me. Having read this waiver & knowing the facts and in consideration of your accepting my new entry, I, for myself & anyone entitled to act on my behalf, waive & release EWP DLS Limited Partnership, Harbor View Limited Partnership, Harbor View management Company, Harbour View LLC, Gray Land and Development, officials, volunteers & all sponsors, their representatives & successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the forgoing to use my photograph, motion pictures, recordings or any record of this event for any legitimate purpose. I understand this race is not conducted for individuals with headphones, skates, roller blades, scooters, and skateboards, & I will abide by these guidelines.

Signature: _____ Date: _____

Parents Signature: _____ Date: _____
(if under 18)

Please make non-refundable payment to The Riverfront Swim Club.

For Office Use Only

Date Payment Rec'd: _____

Amount: _____ Cash Check # _____

Notes: _____

Turkey
Trot

Riverfront
Swim Club

5K Run & Walk



11TH ANNUAL
5K RUN & WALK

Saturday, November 15th, 2014 at 9am

Proceeds to Benefit Suffolk Humane Society

GRAB EVERYONE YOU KNOW AND INVITE THEM TO PARTICIPATE
IN OUR ANNUAL TURKEY TROT.

EVENTS WILL TAKE PLACE IN THE RIVERFRONT AT HARBOURVIEW, SUFFOLK.

The more people we get to participate the greater impact we can have helping the Suffolk Humane Society. We have room for all levels of athleticism, all ages, all sizes and shapes. It doesn't matter if you come in 1st, 50th or 500th! What really matters is that you make it to the starting line. You may choose to run or walk the 5K. Kids, ages 12 and under, can enter the 1-Mile Gobbler. Each participant will receive a long sleeve Turkey Trot T-shirt if registered by October 31st, 2014.

Registration Fees:

Adult - \$18 prior to race day / \$20 on race day
Child, 12 and under - \$15 prior to race day / \$17 on race day

Schedule of Events:

9:00 Pre-race warm-up with the Chick-fil-A cow
9:05 5K Race, non-sanctioned 9:10 5K Walk
9:15 Gobbler Run for children 12 & under

POST RACE CELEBRATION WITH FOOD, FUN AND AWARDS

5301 Sports Club Run Suffolk, VA 23435

(757) 483-3906

swimclub@charter.net www.riverfrontswimclub.com



Proceeds from the race will go to the Suffolk Humane Society

Our goal in this year's Turkey Trot is to raise \$2500.00 to help expand the Suffolk Humane Society's services. SHS is comprised of volunteers contributing their time, energy, creativity, skills, and passion for animals to the mission of the group. Suffolk does not currently have a shelter for homeless or abandoned animals; so efforts are aimed at helping the animals that end up at the Suffolk Animal Care Center. Efforts are focused on decreasing the euthanasia in Suffolk, spay/neuter programs, adoption events, promoting responsible pet ownership, and recruiting foster families. Suffolk Humane Society does not receive any city, state, or federal funds. All monies received comes from individuals and businesses; people like you, who share the desire for animal welfare.

The Course

The Turkey Trot will wind through the beautiful Riverfront Community beginning and finishing at the Swim Club.

Awards

1st place male and female finishers in the following race age divisions will receive medals. Age Divisions: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over. The first runner to cross the finish line in each age division will be considered the winner as this is a non-sanctioned race. There will be no walker awards.

Volunteers & Sponsorship

If you are interested in volunteering your time or helping sponsor this event, contact Pam Sweet at 483-3906.

Pets

Pets are allowed and must be leashed. Please be considerate and clean up after your pet.

Strollers

Strollers will be allowed, but please be considerate of runners. Scooters, bikes, skateboards, rollerblades, etc. will not be allowed. No motorized vehicles.

Donations

If you can't make the race, please make a monetary donation to the Suffolk Humane Society. www.SuffolkHumaneSociety.com

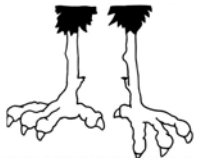
Raffles

Don't forget to bring cash to purchase raffle tickets for your chance to win some great items.

Payment

Please make registration fee payable to the Riverfront Swim Club in the form of cash or check. Registration fee is non-refundable.

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