

30th
anniversary
**2010 turkey trot & gobbler's gait
annual women's 5K run / walk**
presented by Highlands Community Services

- where:** YWCA Bristol, 106 State Street, Bristol, TN
when: Saturday, November 13, 2010
time: RUN starts at 8 AM; WALK starts at 8:15 AM
entry fee: **\$15 w/ pre-registration by Nov. 8th.** \$25 regular registration.
groups: RUN: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70+
WALK: 19 & Under; 20-29; 30-39; 40-49; 50-59; 60 & Over
awards: **Trophies** given for Run & Walk:
1st Place- Overall; Masters (40-49); Grand Masters (50 +);
Mother / Daughter Team (for run only)
Medals given to 1st, 2nd, & 3rd Place in each age group
and 2nd and 3rd Place Mother/Daughter team (for run only.)
extras: Door prizes and breakfast after the race.
Tee shirts guaranteed for first 200 participants.
**Results will be available at YWCA Bristol the following week.*

NEW
30th
Anniversary
COURSE!

Check our
website
for map of
NEW race
route!

***No pets**
please.

30th anniversary Turkey Trot & Gobbler's Gait Registration Form

name: _____ age: _____ DOB: _____

address: _____ city/state/zip: _____

phone: _____ shirt size: SM M L XL Circle: RUN or WALK Check: Mth/Dght RUN Team _____

RELEASE: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against YWCA Bristol, City of Bristol (TN & VA,) all event sponsors, or any of the employees, officers, representatives or agents of these organizations, for any injury or illness which may directly or indirectly result from my participation in the Women's Turkey Trot 5K Run and Race/ Fitness Walk.

Runner's Signature: _____ Parent/Guardian (if under 18): _____

Send entry fee & registration to YWCA Bristol, 106 State Street, Bristol, TN 37620.
Make checks payable to YWCA Bristol.

For more information, call 423.968.9444.