



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A COMMUNITY TRADITION

37th Annual Turkey Trot 5K and Gobbler Dash

For 36 years we've been celebrating life's blessings, especially your health! Start Thanksgiving off the right way with a run or walk. Bring your family, friends and your pets as we celebrate health and blessings.

Thanksgiving Day - November 28, 2019

Check-in begins at 8am & Turkey Trot Race starts at 9am, Gobbler Dash occurs during the Turkey Trot.

Gobbler Dash - Free, Ages 4-9, Prize to all participants, Awards to overall top three finishers

Turkey Trot - Certified course, finish line & chip timers by Strictly Running, *T-shirts, & more!

Special Prizes & Awards - Craziest Hat, Most Decorative Water Bottle, Youngest finisher, First Dog, First Stroller, Person that traveled the farthest, Stan DuBose Award for Oldest Finisher, Largest Family

*T-shirts only guaranteed to first 500 early registrants.

TURKEY TROT 5K FEES	Early Registration* Sept 2 - Nov 26	Late Registration Nov 27 - 28
18-99 years old	\$20	\$30
17 and under	\$15	\$25



YMCA Turkey Trot

REGISTER ONLINE
www.strictlyrunning.com

SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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OFFICIAL TURKEY TROT REGISTRATION FORM

Rain or Shine Event (no refunds)

Please Print

Name: _____ E-Mail Address: _____
Last First M.I.

Address: _____
Number Street City State Zip

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Check One Race Category: 5K Run _____ 5K Walk _____ Gobbler Dash _____

Gender: M ___ F ___ DOB: ___/___/___ Age on Race Day: _____ Circle Shirt Size: S M L XL

Circle Appropriate Age Division:

9 & Younger 10 - 14 15 - 19 20 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
60 - 64 65 - 69 70 & over

Waiver: In consideration of my participation in the Sumter Family YMCA Turkey Trot, I hereby release and hold harmless the YMCA of Sumter, and their sponsors, affiliates agents, servants, employees, assigns, successors, and heirs or distributors and all officials concerned from any and all claims, actions, losses, damage, or expenses for personal or bodily injury (including death) and property loss or damage incurred by me arising out of or in conjunction with my participation in the Sumter Family YMCA Turkey Trot to be held November 28, 2019. I warrant that I am in good health, and have trained sufficiently for this event. I have read the foregoing and am of legal age to consent to this waiver for the event.

Signature (Parent/Guardian if under 18)

Date

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