



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

18TH ANNUAL TURKEY TROT

Health & Wellness HICKORY FOUNDATION YMCA

The Hickory Foundation YMCA holds many events each year such as this race. Proceeds from many of these events benefit our Annual Campaign, which helps fund programs for youth, seniors, teens and families in the Catawba Valley. Your race entry fee will help to continue this support in our community.

AGES

The annual Turkey Trot is for all ages.

WHEN

- Packet Pickup: **Friday, November 16** from **3-6pm** in the **Teen Center**
- Race Day: **Saturday, November 17**
- Youth Obstacle Course Start Time: **8:30am**
- 10K Start Time: **9:00am**
- 5K Start Time: **9:05am**
- Awards Ceremony: **11:00am**
- To be guaranteed a t-shirt you must register by **October 28**

WHERE

The Youth Obstacle Course will be held at the Hickory Foundation YMCA outdoor track. Maps will be provided for the 5K/10K Run/Walk. The Awards Ceremony will be held at the C.O. Miller Teen Center on the campus of the Hickory Foundation YMCA.

HICKORY FOUNDATION YMCA
701 1st St NW | Hickory NC 28601
828 324 2858 | www.ymcacv.org

REGISTRATION FEE

Youth Obstacle Course

FREE for all participants

5K / 10K

\$20 Online Registration

\$25 Paper Registration

\$35 Late/Race Day Registration

REGISTRATION INFO

Early Registration

August 1 - October 28

*Guaranteed a t-shirt

Late Registration

October 29 - November 13

*Paper only after November 13

Race Day Registration

7:00am - 8:00am

Register Online at:
www.TurkeyTrot.ymcacv.org

CONTACT

Naomi Mitchell
Wellness Director
naomim@ymcacv.org

RECOGNITION

Overall

A turkey and trophy will be awarded to the top male & female in the 5K & 10K

5K & 10K

Certificates will be awarded to the top 3 finishers in each gender and age division



SPONSORED BY:

OrthoCarolina

HICKORY

RACE INFORMATION

Ask for details regarding the YMCA Corporate Cup,
School Spirit Cup and Faithful Followers Cup.

SATURDAY, NOVEMBER 17, 2018

Male and Female Age Divisions

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

Youth Obstacle Course

FREE for all participants

5K & 10K

\$20 Online Registration
\$25 Paper Registration
\$35 Late Registration

Awards

Trophy and Turkey for 5K Male &
Female Top Finisher and 10K Male &
Female Top Finisher

Certificate for Top 3
Male & Female Finishers in
Each Age Group

**Last day of early registration is Sunday, October 28.
Special presentation for the oldest Male & Female in the 5K & 10K.**

INDIVIDUAL REGISTRATION FORM

Registration is non-refundable

REGISTER ONLINE | www.TurkeyTrot.ymcacv.org

Last Name

First Name

Gender: M F

Age

_____/_____/_____
DOB (mm/dd/yyyy)

_____-_____-_____
Phone Number

Email Address

Address

City

State

Zip Code

Race: Obstacle Course 5K 10K

Shirt Size: YS YM YL AS AM AL AXL 2XL

Emergency Contact Name

Emergency Phone Number

Please Read & Sign:

WAIVER OF LIABILITY: I fully assume and understand the risks of participating in an open course run including death or injury due to vehicles, falls, collisions with other participants or spectators, actions by hostile humans or animals, uneven pavement, obstructions, adverse weather, sudden illness and all other risks. I attest that I am physically fit to participate. I authorize run officials to provide medical attention at my expense should I appear in need. For injuries I sustain, including death, I agree to save and hold harmless the YMCA of Catawba Valley, City of Hickory, local government, law enforcement personnel, volunteers, event staff, suppliers, contractors and anyone else connected with the organization of this event, from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs or assigns, arising from my participation in this event or the instruction I received.

WAIVER FOR PUBLICITY: I agree that images taken of me during this event may be used in any legal manner without payment to me. I have read and understand the terms of this document. I make this agreement and pay my entry fee in exchange for the privilege of participating under the conditions of the event.

Participant Signature and Date

Parent / Guardian if under 18