



The 21st Annual ~Virtual~ Trot Off Your Turkey  
 Virtual 5K Run/Walk & 1.5 Mile Run/Walk  
 Saturday, November 28, 2020  
[www.trotoffyourturkey.org](http://www.trotoffyourturkey.org)



Brought to you in part by:



<p><b>Course:</b> Fast, flat course on paved roads beginning and ending at St. Luke's School, or your own 5K or 1.5mi course!</p> <p><b>Race Events:</b> Race Start (both events) - 10:00 AM</p> <p><b>Age Groups:</b> (Male and Female):  <b>5K:</b> U20; 20-29; 30-39; 40-49; 50-59; 60-69; 70+  <b>1.5 Mile:</b> U15; 15-19; 20+  <b>5K Team:</b> Top 5 members score.  <b>Team entries must be received prior to race day.</b></p>	<p><b>T-shirts:</b> Performance Short Sleeve T-shirts guaranteed to all participants!</p> <p><b>Entry Fees:</b> Adult: \$20.00 Pre-entry (Rec'd by Nov. 17)          \$25.00 Post (Rec'd after Nov. 17)          Child (14 &amp; U): \$12.00 Pre-entry (Rec'd by Nov. 17);          \$15.00 Post (Rec'd after Nov. 17)</p> <p><b>Registration:</b>          Online at <a href="http://www.trotoffyourturkey.org">www.trotoffyourturkey.org</a> or mail in application form below.</p> <p><b>T-shirts can be picked up on the day before (Friday November 27, 2020) between 12:00 and 3:00 PM.</b></p> <p><b>Directions:</b> <a href="http://www.trotoffyourturkey.org">www.trotoffyourturkey.org</a>  <b>Contact:</b> <a href="mailto:trotoffyourturkey@gmail.com">trotoffyourturkey@gmail.com</a>  <b>Race Co-Chairs:</b>          Gus Rietheimer (401) 316-3686          Mark Wishneusky (781) 367-4405</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**Checks payable to St. Luke's School.**  
**Mail Entries to: St. Luke's School, 10 Waldron Avenue, Barrington, RI 02806**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: M F

Circle Event: 5K · 1.5 Mile Circle Shirt Size: Adult S M L XL Child S M L

Team Entry?  If yes, name of team\* \_\_\_\_\_  
 (\*Note: Team entries must be received prior to race day)

St. Luke's School Alumnus?  If yes, year/last grade attended \_\_\_\_\_

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, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby release the State of Rhode Island, Town of Barrington, Barrington Police Department, St. Luke's School, St. Luke's Church, Race Officials, Volunteers, and all Sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any email addresses, photographs, motion pictures, recordings or any record of this event for any legitimate purposes. I hereby certify that I am physically fit and sufficiently trained for this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent (under 18): \_\_\_\_\_