



The 20th Annual Trot Off Your Turkey
 5K Run/Walk & 1.5 Mile Run/Walk
 Saturday, November 30, 2019
www.trotoffyourturkey.org



Rev. Robert F. Hawkins

Prizes and Food Supplied by:



Course: Fast, flat course on paved roads beginning and ending at St. Luke's School.

Race Events:

Registration (School Gym): 8:00 - 9:30 AM
 Race Start (both events) - 10:00 AM
 Awards Presentation - 11:15 AM

CHIP TIMING!!

Age Groups: (Male and Female):

5K: U20; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

1.5 Mile: U15; 15-19; 20+

5K Team: Top 5 members score.

Team entries must be received prior to race day.

Awards:

5K: \$100 cash prize to the top overall male and female finishers. Prizes/awards to top three in each age group.

\$50 – 1st; Merchandise – 2nd, 3rd.

Trophy to top 3 in team category.

1.5 Mile: Awards to top 10 male and female in U15; top 5 in 15-19; top 3 in 20+

T-shirts: Short Sleeve T-shirts guaranteed to first 800 entries received.

Entry Fees: Adult: \$20.00 Pre-entry (Rec'd by Nov. 19)
 \$25.00 Post (Rec'd after Nov. 19)

Child (14 & U): \$12.00 Pre-entry (Rec'd by Nov. 19);
 \$15.00 Post (Rec'd after Nov. 19)

Registration:

Online at www.trotoffyourturkey.org or mail in application form below. In person day before (Friday) at school between 12:00 – 3:00 PM.

Race numbers and T-shirts can be picked up on race day during Registration, or at the school the day before (Friday) between 12:00 and 3:00 PM.

Directions: www.trotoffyourturkey.org

Contact: trotoffyourturkey@gmail.com

Race Co-Chairs:

Gus Rietheimer (401) 316-3686

Mark Wishneusky (781) 367-4405

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): _____