

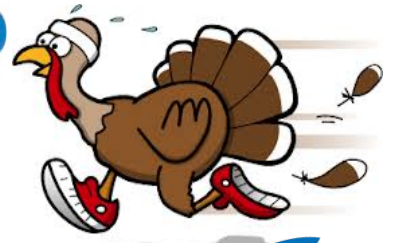
LAKE WYNONAH ATHLETIC GROUP

Presents Seventh Annual

TURKEY TROT 5K Run/Walk

Sunday, November 20, 2016 • 10 AM

Support Janet Weis Children's Hospital: Donate Pre-Packaged Foods for Patients/Families: Canned Soup, Peanut Butter, Crackers, Snack Food, Tuna, & More.



5 K RUN/WALK

- Race Professionally Timed by Pretzel City Sports
- Beautiful, *Challenging* Course through Private Community (Course Record 17:19 by Nick Sturm)
- Free 1/2 Mile Kids Fun Run: Ages 12 & Under
- Short Sleeve T-shirt for Paid Pre-Registration Participants Only (Postmark by Nov. 5, 2016 for 5K only)
- \$20.00 Pre-Registration or Post-Registration
- Post-event Refreshments
- Wide Course Invites Strollers & Dog Walkers

RAIN OR SHINE!

QUESTIONS?

John Stricker, Race Director
570-739-2461
johnstricker83@gmail.com

DIRECTIONS: From Routes 422, 222 or 78, take Route 183 North to Wynonah entrance. Go straight after Security Office to Wynonah Drive. Bear right onto Wynonah Drive to Lodge on right.

AGE BRACKETS & AWARDS

5K: 1st Overall Male and Female 1st and 2nd Place M & F in each Age Category
13 and Under 14-19 20-29 30-39 40-49 50-59 60+
Kids' Fun Run for 12 and Under: 1st, 2nd, and 3rd Place Overall finishers

REGISTRATION FORM (Please Print)

Turkey Trot Registration Form: Must be Postmarked by November 5, 2016 for Preregistration and T-Shirt.

Make Checks Payable to Lake Wynonah Athletic Group

Mail to: 1928 Wynonah Drive, Auburn, Pa 17922 *OR* Online Entry Form available at: <https://pretzelcitysports.com>.
\$20.00 Pre-Registration with guaranteed T-shirt. \$20.00 Day of Event with no T-shirt • Non-Refundable Fee for Race
Each Participant Must Complete the Form to Enter Race.

MALE

FEMALE

5K RUN/WALK

CHILDREN'S FUN RUN

NAME _____ DATE OF BIRTH _____ AGE as of Nov. 20, 2016 _____

STREET _____ CITY _____ STATE/ZIP _____

EMAIL ADDRESS _____ PHONE NUMBER _____

T-SHIRT SIZES

ADULT:

Small

Medium

Large

X-Large

XX-Large

CHILD:

Child's Small

Child's Medium

Child's Large

Please read and sign below. I understand that participating in a race is a potentially hazardous activity. I should not enter the Lake Wynonah Property Owners Association Inc. 5K run/walk at Lake Wynonah ("Event") unless I am medically able to do so and have been properly trained. I voluntarily assume all risks associated with the Event including, but not limited to: falls, contact with other persons, weather conditions, traffic hazards, road and trail conditions, and any and all such other risks being known and unknown by me. Having read this waiver and intending to be legally bound hereby, I release the Lake Wynonah Property Owners Association Inc., the Event sponsors (collectively "Sponsors") and the officers, directors, agents, employees, assigns, successors and heirs of Lake Wynonah Property Owners Association Inc. and the Sponsors from any and all claims, demands, and causes of action in law and in equity of any kind arising from my participation in the Event and agree to defend the same against any action which may be made on my behalf arising from my participation in the Event. I agree to abide by any decision of any Event official as to my ability to safely participate in the Event and I agree to abide by the Rules of Lake Wynonah during the Event.

SIGNATURE OF RUNNER/WALKER _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN (Participants under 18 years of age) _____ DATE _____

