



**Get out and get some exercise  
before eating that big  
Thanksgiving meal while helping  
to improve the future of our  
youth.**

**Bo Tkach Foundation 5K Turkey Trot  
@ The Palmerton Park in Palmerton, PA**

For more information on the foundation visit [www.botkach.com](http://www.botkach.com)

**Thanksgiving - November 28, 2019**

Registration from 7:45 a.m. to 8:45 a.m. **Race starts promptly at 9:00 a.m.**

**For registration questions please contact Jim Tkach 484-225-2706**

**WHO:** Runners (and walkers) of all ages. Gather your family, friends, and co-workers.

**WHERE:** Starts in the Palmerton Park located at 3<sup>rd</sup> Street and Delaware Avenue, Palmerton, PA 18071. Trot proceeds through scenic town of Palmerton

**REGISTRATION:** Early **DISCOUNTED ONLINE ONLY** registration fee for adults is \$25 and \$15 for youth (12 and under) which includes a t-shirt. **FULL PRICE PAPER** registration for adults is \$30 and \$15 for youth. Early registration closes November 15, 2019. Those registered after November 15, 2019 will receive a t-shirt, only while supplies last. Youth registration will remain \$15 and adult registration will be \$35 after November 15, 2019.

**PLEASE BRING A NON-PERISHABLE FOOD ITEM FOR THE LOCAL FOOD PANTRY (no glass)**

**AWARDS:** Top male and female overall, top 3 males and females in each age category: 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60+ (awards for runners only)

**Packet pickup:** at Dedicated Fitness (450 Delaware Ave., Palmerton, PA 18071) from 11 AM – 6 PM on November 21<sup>st</sup>. Please use side door entrance.

**Registrations should be mailed to: Dedicated Fitness, Attn: Chris Jahelka  
450 Delaware Ave., Palmerton, PA 18071 or through [pretzelcitysports.com/online\\_registrations.html](http://pretzelcitysports.com/online_registrations.html)  
Make checks payable to the Bo Tkach Foundation**

**Name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_ **Age (on Race Day)** \_\_\_\_\_

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

**City/State/ Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**T-shirt size:** Youth: S M L Adult: S M L XL XXL (13 & over \$25 Online / \$30 Paper, 12 & under \$15)

**Sex:** \_\_\_\_\_ **E-mail address:** \_\_\_\_\_

***WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to The Bo Tkach Foundation, the Borough of Palmerton, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running/walking in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.*

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian if under age 18** \_\_\_\_\_ **Date:** \_\_\_\_\_