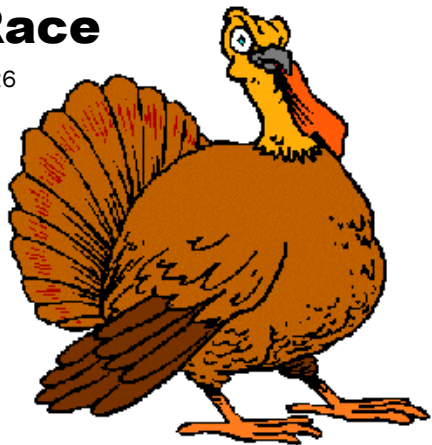


# 2009 Turkey Trot Road Race

November 26

## Registration

Registration will take place at John Paul II school gymnasium beginning at 8:00 AM. The address is 1512 W Elm and is a block north of the Ramada Inn. Please use the east door.



## Race

The 5K will start at 9:00 AM. The course is mostly sidewalk and residential road. Volunteers will be on the course showing directions and miles will be marked. Restrooms will be available only in the gymnasium. The Mile Fun Run will begin shortly after the 5K start. Please dress appropriately for the weather.

## Post-Race

Refreshments and fruit will be available after the race in the gymnasium for all runners. Awards will be presented soon after all runners have completed the race. Race times will be posted on site as well as on the club's website listed below.

[www.dakotaplainsrunningclub.com](http://www.dakotaplainsrunningclub.com)

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## Entry Fees

The entry fee for the 5K race is \$18 if registered before November 18th. This includes a shirt and door prizes. After November 18th the fee will be \$15 and doesn't include a shirt. The Mile Fun Run is free. Mile Fun Run participants will not receive a shirt.

## Awards

Awards will be presented to the overall male and female winner as well as the top three finishers in the age groups below for male and female.

19 & under

20-29

30-39

40-49

50-59

Over 60

All Mile Fun Run participants age 12 and under will receive a medal upon completion.

For more information contact

Scott at (605) 996-0951 or

Jared at (605) 996-3201



## Turkey Trot Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

State & Zip \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

Age (Race Day) \_\_\_\_\_  Male  Female

5K Race \$18 (\$15 after Nov 18—No Shirt)

Mile Fun Run/Walk \$0

Shirt Size (circle one): S M L XL

**Waiver Statement:** In consideration of acceptance of this race entry, I, myself, my heirs, executors, administrators and assigns, forever release and discharge any and all rights, demands, claims for damages and causes of suit or action known or unknown that I may have against the Dakota Plains Running Club and any and all participating race presenters, sponsors, directors, officers, employees, and agents of such parties, for any and all injuries in any manner arising from my participation in said race. I attest to and verify that I have full knowledge of the risks involved in the race, I assume those risks and I will assume and pay my own medical and emergency expenses in the event of an accident, illness to other incapacity, regardless of whether I have authorized such expenses. I am physically fit and sufficiently trained to participate in this race. I understand that no bikes, roller blades, pets or baby strollers are permitted in the race.

Signature: \_\_\_\_\_

Send to: DPRC  
PO Box 365  
Mitchell, SD 57301