

19th Annual TURKEY TROT 5K RUN/WALK

NOVEMBER 24, 2011 @ 8:00 A.M.

RACE SITE: HIGHLANDS HAMMOCK STATE PARK, 5931 Hammock Rd, Sebring, FL



Make Checks Payable to **Friends of Highlands Hammock State Park**
 E-mail questions: contact@friendsofhighlandshammock.org
 Or visit friendsofhighlandshammock.org for information or entry form

Mail entry form to: **FHHSP**
 5931 HAMMOCK RD.
 SEBRING, FL 33872

PLEASE PRINT and complete FULLY *WAIVER MUST BE SIGNED *AGE DAY OF RACE MUST BE COMPLETED*

Name:

Last _____ First _____ Male Female

Address _____ Phone _____ Race Day Age _____ *

City _____ State _____ Zip Code _____

T-Shirt Size: Adult S Adult M Adult L Adult XL 2XL

Style: Cotton Dri-Fit (Will Not be Available after 11/16)

Event Entered: 5K Run 5K Walk YOUR EMAIL _____

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors waive all rights and claims for damages which may hereafter accrue to me against Central Florida Striders, Hammock State Park, the School Board of Highlands County, or any of its respective officers, race officials, sponsors, or agents from all claims or liabilities of my participation in this event even though that liability may arise out of the negligence on the part of any person named in this waiver. If I should suffer an injury or illness, I authorize the officials of the race to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit to participate in this event. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

* **Participants Signature (Parent/Guardian If Under Age 18):** _____ *

Entry Fee: \$15.00 Thru Nov. 12 (Cotton Shirt) Location: Highlands Hammock State Park
 \$20.00 Thru Nov. 12 (Dri-Fit Shirt) Sebring, Florida
 \$20.00 Postmark after Nov. 16 and Race day (NO SHIRT)
 \$10.00 SPECIAL KIDS RATE-14 & UNDER (NO SHIRT AT THIS COST)

Age Groups (M & F): 9 & Under (New Division) 10-14 15-19 20-24
 25-29 30-34 35-39 40-44 45-49 50-54
 55-59 60-64 65-69 70-74 75-79 80 +

REGISTER EARLY AS WE EXPECT A LARGE FIELD AGAIN THIS YEAR-Over 500!

Shirt sizes guaranteed to pre-registered only!
After 11/16 NO Additional Shirts will be ordered!

ALL RESULTS BY AGE GROUP AND PICTURES WILL BE POSTED TO OUR WEBSITE
WWW.friendsofhighlandshammock.org