



***Save With Pre-Registration*
(Ends 11/22 @ 12pm)**

Adults: \$30 + Can of Food
257150.60 Age 19 & up

Youth: \$20 + Can of Food
257150.61 Age 18 & under

Packet Pick-Up & Race Day Registration

Adults: \$35 + Can of Food
257150.60 Age 19 & up

Youth: \$20 + Can of Food
257150.61 Age 18 & under

*Race day registration is limited and will end at 3:30pm.

— CANS OF FOOD BENEFIT LINK —

3 Ways to Register

- 1) Stop by the Herndon Community Center
814 Ferndale Ave., Herndon, VA
- 2) On-line: herndon-va.gov
Click on Parks & Recreation (closes 11/22 @ 12pm)
OR
Active.com (Additional fees apply. Closes 11/22 @ 12pm)
- 3) Mail the completed form to:
Herndon Parks & Recreation
777 Lynn Street, Herndon, VA 20170

Race Info

- Age 4 & up
- 5K Cross Country Run
- **Saturday, November 23, 2019**
- Race Starts at 4:00 PM

Long-sleeve T-shirts guaranteed to first 700 pre-registered runners.

Prizes to 1st and 2nd place winners in the following categories:

- 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

A turkey and all the trimmings will be given to overall male and female winners.

Packet Pick-Up

Packet Pick-Up & Pre-Registration
Friday, November 22 5:00-8:00PM

Registration on Race Day & Packet Pick-Up
Saturday, November 23 1:30-3:30PM

***Another Way to Give Back!**

Nike Reuse-A-Shoe Program*

We are collecting used running shoes which will later be ground up into small pieces and used to make various sport courts as well as new shoes and apparel. Bring one pair or bring ten!

- We can only recycle athletic shoes (running shoes, sneakers, etc.)
- We accept all brands of shoes
- No shoes containing metal
- No cleats or dress shoes
- No wet or damp shoes
- No sandals or flip-flops

We will collect shoes at the Herndon Community Center through race day.

Herndon Turkey Trot 5K Race Registration

Last Name: _____ First Name: _____

Age: _____ DOB: _____ M / F (circle one)

Street: _____ City: _____ State: _____ Zip: _____

Phone Number (Best number to reach you): _____ H / C (circle one)

Email: _____

Emergency Contact Name: _____ Cell Phone: _____

Payment: Check Credit Card #: _____ Exp. Date: _____ (MM/YY)

(checks made payable to the Town of Herndon) VISA Master Card AMEX DISCOVER (circle one)

Name on Credit Card: _____

Signature: _____ **Date:** _____

Waiver and Release from Liability: Authorization for Medical Treatment

I realize that participation in the Herndon Turkey Trot 5k may involve risk from physical activity and other causes. I consent to participate in this activity, and I assume this risk. I medically certify the Town of Herndon that the above-named person has no medical or physical infirmity that may render participation in the race inadvisable, are of suitable age to participate in the race, and will properly prepare for the race. I authorize the Town of Herndon, its officers, employees, agents, sponsors, and volunteer's authority, at any such person's discretion and at my expense, to administer or to procure of me any medical attention they may deem necessary. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in this activity. If I am a minor, my parent or guardian is signing for me. (Parent or guardian must sign below if participant is under 18.)

Signature: _____ **Date:** _____

