

Start a fun and healthy community tradition with us Thanksgiving morning. Even if you are not a runner, this event is a great way to kick off the holidays with family and friends and have guilt free pie later.

Event: Cascade Turkey Trot (5 K Run/walk around strand, KWP)  
Optional noncompetitive 1 mile trot

Where: Start in front of Kelly's White Water Park (KWP) and Cascade Aquatic and Recreation Center. Tent Registration will be clearly marked with map of course. Course will include "The Strand". Please plan for race to be held rain, shine, snow or sleet and dress accordingly. KWP bathrooms will be open during event.

Early Bird Entry (on/before Nov. 20th) \$15, kids 10 and younger free with paid adult.  
Registration (after November 20th) \$20

(Optional) Packet pick-up and late registration at Reo's Pizza Wed., Nov. 22<sup>nd</sup> from 6-8 PM

Canned Food Drive: Raffle tickets given for canned food donated at race event. Raffle winners drawn after race.

What you get: Entry into race, refreshments at the end, Thanksgiving photo booth, (first 100 entries get race swag), and chance to win Delicious Thanksgiving Pies.

Date: Thanksgiving, November 23, 2017

Time: 8:30 to 9:00 Late Registration/Package Pick up  
Canned Food Donation Drop-off at the Turkey Tent.

8:55 Announcements/ Route Review/ Warm-up

9:00 Race Start

9:30 M/F 1<sup>st</sup> through 3<sup>rd</sup> Place 5K Meet at Photo Booth  
Refreshments Available

10:00 Post race awards announced (race/raffle), Photo Booth Open

If you are interested in sponsoring or volunteering for this event, please call Becky Way ([208](tel:2088710344)) [871-0344](tel:2088710344).

Entry Form drop-off (until November 22<sup>nd</sup>): Cascade Aquatic and Recreation Center, 333 Kelly's Parkway, Cascade, Idaho. Day of Race Registration: 8:30 to 9:00 in front of Kelly's White Water Park.

Benefiting: Committee under Horizons', Friends of Cascade Outdoor Sports Complex

# Turkey Trot Entry form

Please complete one entry form for each individual:

Please make checks payable to Horizons' and attach to entry form(s).

- \$15 Registration (by November 20)
- \$20 Registration (after November 20)
- \$10 Virtual Runner (Running in spirit, but don't want to get out of bed)
- \$ \_\_\_\_ Additional Donation
- \$FREE (10 years or younger with paid Adult: \_\_\_\_\_)
  
- Team: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Age: \_\_\_\_\_ Phone #: \_\_\_\_\_

Gender (Circle): M or F                      Email: \_\_\_\_\_

RELEASE AND WAIVER: I assume all risks associated with competing in the Cascade Turkey Trot. I am physically able to participate and I am 18 years of age or older or with legal guardian's consent. I assume the risk associated with the event, including, but not limited to falls, contact with other participants, the effects of weather, including wind, rain/snow and/or ice, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts, I, for myself and anyone entitled to act on my behalf, release and hold harmless all sponsors, promoters, contributors, or any other person or entity associated directly or indirectly with this event. **Fees are nonrefundable.** I also grant permission for the use of any photographs, recordings and or any other record of my participation in this event for any legitimate purpose.

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Signature (Guardian signature required for participants under 18)

Date