

2009 Walnut Creek Sports & Fitness Turkey Trot



Official Entry Form

Official Use Only

Thanksgiving Morning
Thursday, November 26, 2009
10K – 8:00 am • 5K – 8:10 am
Kids Runs – 10:00 am
Civic Park, Walnut Creek, CA

Entry Fees	<u>On or Before 10/31</u>	<u>11/1–11/20</u>	<u>11/21–11/26</u> (11/26 is Race Day)
5K/10K, ages 13 and Up	\$24	\$28	\$30
5K/10K, ages 12&Under	\$20	\$22	\$26
Kid's Fun Run (Ages 12 & Under)	\$12	\$14	\$16

STEP 1: SELECT EVENT

5K Run/Walk 10K Run/Walk Kid's 1/4 Mile Kid's 100 yd dash

STEP 2: PARTICIPANT INFORMATION: *Please print clearly. One person per form.*

First & Last Name: _____

Gender: M F Age on Race Day: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ E-Mail: _____

T-SHIRT TYPE (select one): One Short Sleeve T-shirt is included in entry fee – unisex sizing (100% cotton)

Short Sleeve Cotton T-Shirt Size: **Adult:** S M L XL **Kids:** S (6–8) M (10–12) Lg (14–16)

STEP 3: READ AND SIGN THE WAIVER

We cannot accept entries with unsigned waivers. Entries received with unsigned waivers will not be registered into the race.

I acknowledge that this waiver and release of liability form will be used by the event holders, sponsors, and organizers, including Walnut Creek Sports & Fitness Club, A Change of Pace Inc., the A Change of Pace Foundation, the City of Walnut Creek and the City of Walnut Creek Police Department, East Bay Regional Parks District, Contra Costa County, and The Walnut Creek School District, in which I may participate and that it will govern my actions and responsibilities at this event. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical physician. I hereby take action for myself, my executors, administrators, heirs, next of kin, and successors. I hereby Waive, Release and Discharge from any claims, losses, or liabilities for death, disability, personal injury, property damage, theft or damage of any kind resulting from my participation in this event. I also grant permission to use my picture in any broadcast, telecast, or photo taken at this event. I grant permission to post my race results at the event and on www.changeofpace.com. I hereby certify that I have read this document and completely understand all of its contents.

SIGNATURE: _____ DATE: _____

Parent or guardian must sign if participant is under 18 years of age.

STEP 4: FEES

Entry Fee (see top):..... \$ _____

Please accept an add'l contribution to the JDRF \$ _____

Total Enclosed: \$ _____

Payment Type: Cash Check # _____

- Please do not mail entries after Fri., Nov. 20.
- Online registration available at www.changeofpace.com/wcct.html through Noon on Tuesday, Nov. 24th. A small convenience fee is charged for online registration.
- Race morning registration is available and opens at 7:00 am.
- All bib numbers and t-shirts may be picked up either on race morning or at WC Sports & Fitness on Wed., 11/25 from 11am–10pm.
- Entries are not confirmed by mail, but a list of registered participants will be posted at www.changeofpace.com/wcct.html.

Make checks payable to:
Walnut Creek Sports & Fitness

Mail to:
Walnut Creek Turkey Trot
c/o A Change of Pace
1260 Lake Blvd., #245
Davis, CA 95616