

2010 Walnut Creek Sports & Fitness Turkey Trot Entry Form

**Thanksgiving Morning
Thursday, November 25, 2010**

5k • 10K • Kid's Runs

Register Online: active.com by 11/21
Please postmark entries by Wed., Nov. 17

SELECT EVENT:

- 5K Run/Walk
 10K Run/Walk
 Kids runs • 10:00 am 1/2 mile 1/4 mile 100 yard dash

Please print neatly. One form per entrant, please.



Participant Information

First: _____ Last Name: _____

Gender: Male Female Age on 11/25/10:

Street Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ E-Mail: _____

(used for entry confirmation & race updates)

T-shirt Size youth S M L adult S M L XL

Please Read and Sign the Waiver (Parent/Guardian must sign for those under age 18).

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 Change of Pace Foundation, the City of Walnut Creek, the City of Walnut Creek Police Department, Contra Costa County, the East Bay Regional Parks District, Walnut Creek School District, Walnut Creek Education Foundation, and Partners for Educational Achievement in K-12 (PEAK) in which I may participate and that 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 my 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.

Entry is non-refundable. Event happens rain or shine.

SIGNATURE: _____ DATE: _____

How To Register:

- Online at changeofpace.com/wctt.html or active.com thru Midnight on Sunday, Nov. 21
- Via US Mail if Postmarked by Nov. 17
- At Walnut Creek Sports & Fitness – thru Nov. 24, 7pm
- On Race day (11/25) 6:30 – 7:45 am

Entry Fees:

	by 10/31	11/1-11/21*	11/22-11/24**	Race Day
5K/10K (ages 13 & Up)	\$25	\$30	\$35	\$40
5K/10K Youth (ages 1-12)	\$20	\$25	\$30	\$35
Kids Run (ages 2-10)	\$12	\$14	\$14	\$16

* by midnight on 11/21/10

** available thru 7pm on 11/24 @ WCSF

Please 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

please do not mail after 11/17