



Seacoast Rotary Club Presents

THE

1st ANNUAL 5K TURKEY TROT

November 26th, 2009 • Thanksgiving Morning

Families and walkers welcome!

Free t-shirt and goody bags to the first 250 registrants!

The Turkey Trot offered by Seacoast Rotary Club is one of five races that are part of the **Portsmouth Community Road Race Series**, new this year! Special prizes will be awarded to runners who participate in 4 out of 5 races.

PRIZES FOR THE TOP THREE FINISHERS IN EACH CATEGORY AND FOR BEST COSTUME!

Top **3** finishers eligible for drawing for **4** RED SOX 2010 SEASON GREEN MONSTER SEATS!

Benefits local non-profits; our featured beneficiary is New Heights (www.newheightsonline.org).

Checks only —
Please make payable to:
Seacoast Rotary Club

Mail to: Seacoast Rotary Club
PO Box 6674, Portsmouth, NH 03802

For complete details, go to
www.pccrs.org
To register online, go to
seacoastrotary.org

- THANKS TO OUR SPONSORS—
- Cornucopia Level (\$2,500)** Piscataqua Savings Bank
 - Gobbler Level (\$1,000)** Access Sports Medicine & Orthopedics
Dr. Daniel H. De Tolla • Symantec Corp. • TD Insurance, Inc.
 - Harvest Level (\$500)** Executive Strategy Group, LLC
Gulfstream Financial Group, LLC • McLane Law Firm
Optima Bank & Trust • The Provident Bank
Sanders & Karcher, CPAs • Skillsoft Corp.
 - Plymouth Rock Level (\$250)** Axis Business Solutions
Portsmouth Athletic Club and Great Bay Athletic Club
Sagamore Golf, Inc. • Toscano and Ardito PC, CPA
 - Friend Level (\$100)** DeMoulas Super Markets, Inc.

Cut and mail with entrance fee(s):



ENTRY FEES (includes goody bag & shirt*)—
➔ Adults (13 and above) prior to Race Day \$20 (\$25 on Race Day)
➔ Youths (12 and under) \$15 prior to Race Day (\$20 on Race Day)
➔ Family Rate prior to Race Day \$45 (\$55 on Race Day) for up to six family members (Please complete a form for each family member and have a waiver signed for each member. Family rate limited to 1 shirt and 1 goody bag*.)

WAIVER MUST BE SIGNED TO ENTER

RELEASE AND WAIVER: I acknowledge that I voluntarily apply to run/walk at the Seacoast Rotary Club 1st Annual 5K Turkey Trot. I know that running road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Rotary Club of Seacoast Portsmouth /Seacoast Rotary Club, its directors, officers, and staff, the City of Portsmouth and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

First Name: Last Name:

Address:

City/Town:

State (Prov/County/Parish):

Postal/Zip Code:

Country: (optional)

Gender: M F • Age on day of race:

Phone(day)..... Phone(eve)

Email.....

Please circle your shirt size* Youth: S M L Adult: S M L XL XXL
Please indicate:

- Stroller Wheel Chair
- I am a Rotarian

Get an extra shirt for \$12! Youth: S M L Adult: S M L XL XXL
* Must order by 10/25/09

* Free t-shirts & goody bags available to the first 250 registrants.

.....
PARTICIPANT SIGNATURE & DATE

.....
PARTICIPANT PRINTED NAME

.....
LEGAL GUARDIAN SIGNATURE FOR MINORS & DATE

.....
PRINTED NAME OF LEGAL GUARDIAN