

Turkey Trot Entry Form

Presented By
MITCHELL EYE INSTITUTE
JOHN D. MITCHELL M.D.



Race Date: Thursday, November 26, 2009, 8:00 A.M.

Registration and T-Shirt Pick-Up at Community Center

6:00 p.m. to 8:30 p.m., Tuesday, November 24
 2:00 p.m. to 8:00 p.m., Wednesday, November 25
 6:30 p.m. to 7:30 p.m., Thursday, November 26*
 (*No Registration On Day of Race)

Cost:

Pre-Register by November 21—Run: \$20, Walk: \$13
 Registration after November 21—Run:\$23, Walk:\$16
 Registration of 6 or more family members—\$100

All Proceeds go to:



An Inova Fairfax Hospital Program for
 Cancer Patients and their Family Members

Start/Finish (USATF Certified):

Virginia Run Community Center
 15355 Wetherburn Court
 Centreville, Virginia 20120 (703-815-1136)

**For further details about the event and to register online,
 see the race Web site at www.runwashington.com**

OFFICIAL ENTRY FORM—21st Annual Virginia Run Turkey Trot November 26, 2009

Entry Fee: \$20 Run or \$13 Walk (after Nov. 21: \$23 Run or \$16 Walk) MAIL ENTRY FORM TO: Virginia Run Turkey Trot, 13710 Ashby Road, Rockville, MD 20853-2903 Enclose Payments by Check made Payable to Virginia Run Turkey Trot.

NAME (FIRST) (LAST)

ADDRESS

CITY ST ZIP

HOME PHONE Male Female AGE RUN WALK

E-MAIL Card Type: Visa MC

CREDIT CARD No. Card's Expiration Date:

Card Holder's Signature Card Charge Amount: \$

VA Run Residents Only: To Compete in VA Run Resident Award Category You Must Check This Block:

RELEASE must be read & signed: I know that running a 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 race. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, effects of the weather, traffic, and the condition 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, value and release the sponsors and organizers of the Virginia Run Turkey Trot, Capital Running Company, and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion picture, or record of this event for any legitimate purpose. All participants will be provided with Track clips for purpose of tracking their race time.

Signature Required of ALL ENTRANTS - Run and Walk. Parent/Guardian Signature Required if Entrant is Under 18.

X _____ Date _____