21st Annual Virginia Run Turkey Trot

PRESENTED BY

MITCHELL EYE INSTITUTE
JOHN D. MITCHELL M.D.

Race Date: Thursday, November 26, 2009 at 8:00 a.m.

Registration and T-Shirt Pick-Up at Community Center:
6:00 p.m. to 8:00 p.m., Tuesday, November 24
2:00 p.m. to 8:00 p.m., Wednesday, November 25
6;30 a.m. to 7:30 a.m., Thursday, November 26*
(*NO REGISTRATION ON DAY OF RACE)

ALL PROCEEDS GO TO:
Life with Cancer®

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

Start/Finish (USATF Certified):
Virginia Run Community Center
15355 Wetherburn Court
Centreville, Virginia 20120
703-815-1136

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:
Cardholder'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 run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, effect 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, waive 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 Chrono Track chips 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_____