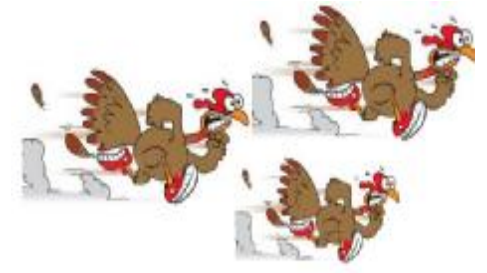




Essex Lions Club
presents the
28th Annual Essex Turkey Trot



Sunday November 22, 2009

8K Road Race 1:00p & Non-Competitive FUN WALK 12:00pm

Walk up Registration 10am-12:30pm, located above
Woodman's Restaurant, on the Top Deck

FREE Woodman's award winning Chowder and other refreshments
FREE long sleeve T-shirts for the first 200 paid entries received
PRIZES for the Winners of each age group

<http://www.essexmalions.com/turkeytrot.html>

2009 Entry Form

Please check: Road Race \$ 20.00 (\$25 after Nov15) Fun Walk \$15.00

Ran Last Year: Yes No

Last Name: _____

First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ - _____

Sex: Male Female

Age group: 14&under 15-19 20-29 30-39 40-49

50-59 60-69 70-79 80&over

DOB: _____ Age: (on day of race) _____

RACE WAIVER:

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, the effects of weather, including high heat or humidity, traffic and the condition of the road, and 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 acting on my behalf, waive and release the Essex Lions Club and/or officials of said event, local/state police 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.

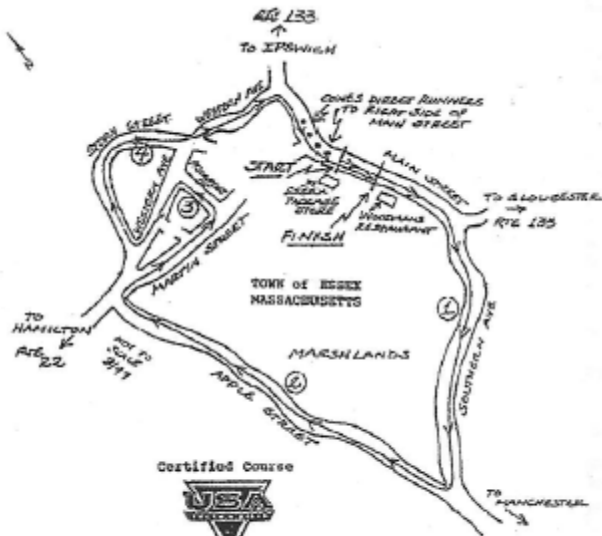
Make checks payable to: the Essex Lions Turkey Trot
Mail to: P.O. Box 79, Essex MA 01929

Signature: _____



Sanctioned Event (parent/guardian if runner under 18)

#TBA EventID# TBA



Certified Course
USA
TRACK & FIELD
11/19/2008
Essex Lions Club Annual Turkey Trot Course

