race benefits the MJC cross-country program

Modesto Turkey Trot & Gobbler Walk

November 25, 2010

1/2-mile kids race (13 years and under)	9 a.m.—boys; 9:10 a.m.—girls
5 K Run	9:30 a.m.
5K Gobbler Walk	9:35 a.m.
Awards	10:30 a.m.

Race-day registration opens at 7:30 a.m. and CLOSES at 8:45 a.m. SHARP

Arrive early to avoid long lines at the registration area.

Coffee available near registration—donations welcome

BEAT THE RUSH: Pick up your t-shirt and bib number on Wednesday, Nov. 24, from 2-6 p.m., at the MJC basketball gym on Coldwell Avenue. Walk-in registrations welcome—see race-day prices below. Check/cash only.

Directions: Tuolumne Regional Park, 1200 Tioga Dr., Modesto. From HWY 99: take Central Modesto exit, take "G" St. into Modesto (east), turn right onto 14th St, continue across large intersection, now on Yosemite Blvd., turn right onto Santa Cruz Ave., continue along river until road turns left at Tioga Drive, park in field next to registration area. Google "Legion Park, Modesto" for map & directions.

Course: The 3.1-mile course is mostly a paved bike path with some grass and dirt. Please NO strollers, headphones or dogs in the 5K run. NEW THIS YEAR—the Gobbler Walk, a separate event designed just for walkers. Strollers welcome in the walk.

Awards: will be given to the top three male/female in kids' 1/2-mile fun run. All participants in kids' fun run receive medals. Awards three deep in 5K Run: 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-plus. There will be no official results for the Gobbler Walk, but there will be a clock at the separate Gobbler Walk finish line so you can time yourself.

Post-race refreshments and raffle prizes

T-shirts: long-sleeve t-shirts guaranteed only to the first 800 entrants

Questions? Call Mary Shea, (209) 575-6219; e-mail: sheam@mjc.edu; Download more forms from www.cvrunning.com or www.shadowchase.org; Register online at www.active.com for credit card payment.

---------- ENTRY FORM ----------

Fill out form completely, sign waiver, print, detach and mail to: Mary Shea, MJC Athletics, 435 College Ave., Modesto, CA 95350. Make checks payable to: Modesto JC. Please only one person per entry.

For official use only

NAME

ADDRESS CITY STATE ZIP

PHONE ( ) - E-mail

AGE ON RACE DAY SEX M F Circle event: 5K run 5K walk 1/2-mile—13 years and under

Pre-registration postmarked by Nov. 20, 2010	*Sorry, no refunds*
5k run or walk with t-shirt	$20_____
5k run or walk no t-shirt	$10_____
13 and under 1/2 mi. w/t-shirt	$15_____
13 and under 1/2 mi. no t-shirt	$5_____
Both 5K & 1/2 mi w/ 1 t-shirt (13 & under only)	$20_____
Both 5K & 1/2 mi no t-shirt (13 & under only)	$10_____

Walk-in registration, Nov. 24, and race-day registration, Nov. 25	
5k run or walk with t-shirt	$25_____
5k run or walk no t-shirt	$15_____
13 and under 1/2 mi. w/t-shirt	$20_____
13 and under 1/2 mi. no t-shirt	$10_____
Both 5K & 1/2 mi w/ 1 t-shirt (13 & under only)	$25_____
Both 5K & 1/2 mi no t-shirt (13 & under only)	$15_____

T-shirt sizes: Youth Med Adults: S M L XL XXL (t-shirts guaranteed only to the first 800 entrants)

Waiver: I know that running The Modesto Turkey Trot is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with running/walking but not limited to: falls, the effects of the weather, traffic, 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 to run in the Modesto Turkey Trot, I for myself and anyone entitled to act on my behalf, waive and release Modesto Junior College, YCCD and it's employees, the City of Modesto, Stanislaus County, MJC Foundation, ShadowChase Running Club, sponsors, product donors and their employees from all claims or liabilities of any kind arising out of my participation in and travel to and from the event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant ShadowChase and MJC permission to use my likeness in promotional materials.

_____ _____

Signature (parent or guardian if under 18 yrs) Date