

2013

Turkey Trot

5k Run or Walk

Presented by

Hole 'N Run and Ohio Valley Runners' and walkers'

November 28, 2013 @ 9:00a.m.

The Turkey Trot is a challenging course that begins and ends at the McDonough Center on the campus of Wheeling Jesuit University. The race will definitely build your Thanksgiving appetite! It's a healthy way to start your holiday weekend...

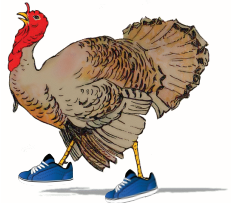
Entry Fees: Pre-registration is \$15.00 through November 27 and \$20.00 November 28. Registration is available from 7:00 a.m. to 8:30 a.m. on November 28 (Thanksgiving Day) at the McDonough Center. The entry fee is non-refundable. (Proceeds benefit Soup Kitchen of Greater Wheeling) Make checks payable to : Hole 'N Run, 46 Washington Ave., Wheeling, WV 26003 You may call (304) 242-1000 with any questions.

Awards: 10 turkeys will be awarded by random drawing. Special awards for the **Top 3 Overall Male and Female** finishers in the run. Awards for the **Top 10 Overall Males and Females** in the walk. (Judges on the course- 1 report equals disqualification)

Age Groups: Awards for **Top 3 Male and Female Run Only!**

14 & under	40 - 49
15 - 19	50 - 59
20 - 29	60 - 69
30 - 39	70 & over

Taking Strides Towards Better Health
GRAND PRIX SERIES
Sponsored by The Health Plan and Ohio Valley Runners' & Walkers' Club



Hospitality: Quality embroidered blanket will be guaranteed for the first 300 entrants. Complimentary snacks and beverages will be served.

Sponsors: Hole 'N Run, CentreTown Fitness, Riesbeck's Food Markets, Pepsi Bottling Group and The Health Plan.



Check In: Packet pick-up and registration is available Thursday, November 28 from 7:00 a.m. to 8:30 a.m.

2013 Turkey Trot Registration Form

Name: _____ Age: _____ Male Female

Address: _____

Phone: _____ Email: _____ Run Walk

For and in consideration of permission to participate in this race, I for myself, my heirs, executors and administrators, do hereby release and discharge the contributors, officials, employees and all of the sponsors, including Hole 'N Run, Pepsi Bottling Group, Riesbeck's Food Markets, CentreTown Fitness and Ohio Valley Runners' Walkers Club from all claims and damages arising from my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature: _____ Date: _____