



# TIME TO TROT

## VIRTUAL TURKEY TROT 5K BEDELL FAMILY YMCA



Kick off Thanksgiving by joining us virtually for our annual Turkey Trot 5K. This year, we are hosting a virtual 5K to ensure the health and safety of all participants. You can join us from any neighborhood, in any city, and complete the race on your schedule. The race will "start" on Sunday, November 15 and "end" on Sunday, November 29. And while it will be a lot of fun to have as many turkeys as possible trotting on Thanksgiving morning, this will allow you to complete the race on your schedule.

**FACEBOOK EVENT GROUP** (scan the QR code to join -->)  
Join our Facebook Group Page and share your photos, encourage others, post your time, and have fun!  
Remember to use the hashtag **#bedellturkeytrot**



**Dates:** November 15 - November 29

**Join our Facebook Event Group to post your completed race time using **#bedellturkeytrot**.**

**To Register:** Register online: [bedell.activityreg.com/ClientPage\\_t2.wcs](http://bedell.activityreg.com/ClientPage_t2.wcs) or fill out the form below.

**Fee:** \$20 (Register by 11/13 to guarantee T-shirt/size) Shirts not guaranteed for registrations received after 11/13. Need your shirt shipped? Please add \$5 to cover shipping.

**Questions?:** Please contact **Brittney Janicek, Fitness Director, at 712-336-9622.**

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### Virtual Turkey Trot 5K

Name \_\_\_\_\_ Shirt size S M L XL

Address \_\_\_\_\_ City \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

I'll pick up my shirt at the Y     Ship my shirt to the address above (add \$5)

In consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program. I release and consent the use of any and all photographs taken.

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or guardian signature if under 18)