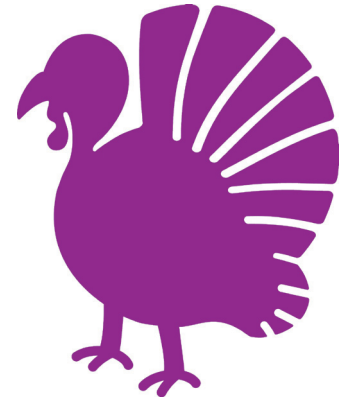




TIME TO TROT!



TURKEY TROT 5K BEDELL FAMILY YMCA

Run the race before you stuff your face!

Date: Thanksgiving Day, November 25

Packet Pick-up at 7:30am, 5K begins 8am. (Beginning and ending at the YMCA)

To Register: Register online at www.okobojiymca.com or fill out the form below.

Fee: \$25 early registration before 11/12 (T-shirt included), \$35 after (shirt not guaranteed)

Questions?:

Please contact Brittney Janicek at 712-336-9622 or brittney.janicek@okobojiymca.com.

Turkey Trot 5K

Name _____ Shirt size S M L XL

Address _____ City _____

Email _____ Phone _____

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)