



TURKEY TROT

The Friends of Way Station, Inc. -- Shakin' a Tail Feather

Thursday, November 26, 2009 1k 8.00 a.m. 5k 8.30 a.m.

Way Station, Inc., an active member of the Frederick community for the past 27 years, is sponsoring a 5k run & 1k fun run/walk on Thanksgiving Day. This event will benefit children, adolescents, and adults with serious mental illness by enabling Way Station to assist them with their daily living, housing, and employment goals. To sign up for this event, fill out an application (online at www.active.com, search word Way Station), call Vicki Bate at 301-662-0099 ext. 1756 or e-mail: thanksgivingday5k@yahoo.com For more information, visit our website: www.waystationinc.org/turkeytrot.

Start & Finish: William Talley Rec Center, 2nd and Bentz Streets, Frederick, MD (in front of Baker Park band shell).

Commemorative Gift will be given to the first 1,500 pre-registrants. Packets **will not be mailed**.

Entry Fees for 5K Run:

Before Nov. 1, 2009:

Students Under 18 - \$15; Adults - \$20

SPONSORS: Multi-Benefits;
BB&T Insurance Svcs;
Berkheimer Group



After Nov. 1, 2009:

Students Under 18 - \$20; Adults - \$25

Entry Fees for 1k Fun Run/Walk: \$7

Mail entry form and fee to Turkey Trot,
PO Box 3826, Frederick, MD 21705-3826.

Make checks payable to: Way Station, Inc.

Packet Pickup/Late Registration: Registered runners can pick up their race packets and late registrants may register on 11/23, 11/24, & 11/25 between 10:00 - 2:00 at Way Station or on race day between 7:00 - 7:45 AM at the Baker Park band shell.

Awards Ceremony and Celebration: Awards to the first Male and Female finisher as well as awards for age groups.

To Volunteer: Contact Vicki Bate at 301-662-0099 x1756 or thanksgivingday5k@yahoo.com.

Race Results will be posted on our website.

Register online at www.active.com search word: **Way Station**

Entry Form for Way Station, Inc.'s 6th Annual Turkey Trot -- 5k & 1k Run/Walk
Mail entry form and fee to **Way Station**, PO Box 3826, Frederick, MD 21705-3826.

Make checks payable to: Way Station, Inc.

**** Please Print and Complete All Information ****

Donation: \$ _____ Entry Fee: \$ _____ 5K Run 1k Fun Run/Walk Total: \$ _____

Date of Birth: _____ Age: _____ Sex: Male Female

Name: _____ E-mail: _____

Address: _____ City, State: _____

Zip Code: _____ Home Phone: _____

WAIVER: In consideration of the right granted to me to participate in the Sixth Annual Way Station, Inc. Turkey Trot 5k Run & 1k Fun Run/Walk on November 26, 2009, I hereby waive all claims and damages against the Way Station, Inc. Race Committee and any other sponsors and organizers arising from my participation or any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I understand that rollerblades, bikes, skateboards, etc. are not allowed. **Runners must sign below.**

Runner's Signature: _____ Date: _____

Parent/Guardian (for minors under age 18): _____ Date: _____

Empowerment Through Community