



Thursday, November 24, 2016
1k 8:00 a.m. ~ 5k 8:30 a.m.

<http://www.waystationinc.org/turkey-trot/>
Frederick Turkey Trot
www.active.com (Search word Way Station)
 Email turkeytrot@waystationinc.org



Way Station, Inc., an active member of the Frederick community for over 35 years, is hosting our annual 5k run & 1k fun run / walk on Thanksgiving Day. This event benefits children, adolescents, and adults with serious mental illness by enabling Way Station to assist them with their daily living, housing, and employment goals.

Start & Finish: William Talley Rec Center, 2nd & Bentz Streets, Frederick, MD (Baker Park).

Commemorative Gift will be given to the **first 3,500** pre-registrants. Packets will not be mailed.
Entry Fees for 5K Run (No Refunds):



Before Nov. 1, 2016:

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

After Nov. 1, 2016:

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

Entry Fee for 1k Fun Run/Walk: \$10

AFTER NOV 20: Students Under 18 - \$25; Adults \$30

On-line registration: www.active.com. Search word Way Station.

Mail-in registration: 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: NEW LOCATION
 Registered runners may pick up their race packets and late registrants may register on 11/21, 11/22, & 11/23 between 10:00 - 2:00 at Way Station, 206 W Patrick Street, Frederick (**cash & check only**).

Limited race day registration between 7:00 - 7:45 a.m. at the Baker Park Band Shell (**cash & check only**).

We cannot guarantee chip timing, official results, or race premiums for race day registrants.

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

Way Station, Inc. Annual Turkey Trot - 5k & 1K Fun Run/Walk

Mail entry form and fee to Turkey Trot, Way Station, Inc., PO Box 3826, Frederick, MD 21705-3826
 Make checks payable to Way Station, Inc.

Donation: \$ _____ Entry Fee: \$ _____ 5K 1k Total: \$ _____

Date of Birth: _____ Age: _____ Male Female

Name: _____ E-mail: _____

Address: _____

City, State, Zip: _____ Phone: _____

WAIVER: In consideration of the right granted to me to participate in the Annual Way Station, Inc. Turkey Trot 5k Run & 1k Fun Run/Walk on November 24, 2016, 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: _____

Moving Forward as a Community