

Race Location:

Apex Community Park is located at 2200 Laura Duncan Road in Apex. The 5K will begin and end at the front of the park at the Laura Duncan entrance.

Directions: <http://www.mapquest.com>
2200 Laura Duncan Rd Apex NC

Special Thanks to our Sponsors !!



www.raleighrunning.com (919) 870-8998

Henry Wurst Inc

Apex Cabinet Company



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Town of Apex
P.O. Box 250
Apex NC 27502

12th Annual Turkey Trot 5K Run



Saturday

November 20, 2010

10 AM

Apex Community Park



TOWN OF APEX

TURKEY TROT

5K

Information

WHEN: Saturday, November 20, 2010

WHERE: Apex Community Park, 2200 Laura Duncan Rd

TIME: Registration / Packet Pickup - 8:30-9:45am.

NO RACE DAY REGISTRATION

Race begins at 10 am - Arrive early - parking is limited. Sharing a ride is encouraged.

COSTS:

Competitive \$20 (until 11/6); \$25 (after 11/6)

Recreational \$15 (until 11/6); \$20 (after 11/6)

Youth Recreational (12 and under) \$10

Youth Competitive (12 and under) \$12

THE COURSE:

Certified course, thru park and around lake along paved trail and park roads. Chip timing provided by Young & Associates. Baby strollers allowed.

AWARDS:

Top male and female overall. Top 3 finishers (male and female) in each age division: 12/under,

13-18, 19-24, 25-29, 30-34, 35-39,

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Enjoy post race refreshments.

Awards ceremony will be held following the race.

EARLY PACKET PICKUP:

Avoid race day lines by picking up your packet early.

Weds Nov. 17, 3pm-6pm at Raleigh Running Outfitters,
2773 NC Hwy 55, Cary NC 27519

Thurs. & Friday, Nov. 18 & 19. 9am-5pm only at Apex
Community Center, 53 Hunter Street, Apex

QUESTIONS:

Karl Lyon: Karl.Lyon@apexnc.org

New this year

The course has been recertified this year with a few slight changes. The start and finish lines will be in the same spot for the first time, as the rest of the course will take you through the park and around a scenic lake.

Registration

HOW TO REGISTER:

(1) You may mail your registration to:

Town of Apex—Turkey Trot

PO Box 250

Apex, NC 27502

CHECKS - made out to the TOWN OF APEX

(2) You may register on-line at

www.Active.com by 11/16 or until full.

(3) Race is limited to the first 600. There will be

NO RACE DAY registration. (Filled early last year)

CATEGORIES:

Again this year we will offer a RECREATIONAL

division. Entries in this division will not receive a timing chip

and will not be officially timed, recorded or eligible for awards.

Individuals would be responsible for keeping their own time if desired. Everything else is the same as the COMPETITIVE

entrants including receiving race t-shirt. *Course # 6600*

Participant Name: _____

If under 18 Parent's Name: _____

Address: _____

City, State Zip: _____

Phone (H): _____

E-mail: _____

Gender: (M) _____ (F) _____ DOB _____

Age on Race Day _____

T-shirt size (adult sizes) S M L XL

Competitive (until 11/6) \$20 _____

Competitive (after 11/6) \$25 _____

Recreational (until 11/6) \$15 _____

Recreational (after 11/6) \$20 _____

Youth Recreational (12 & U) \$10 _____

Youth Competitive (12 & U) \$12 _____



Race Waiver: I, for myself or as parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities. I release, absolve, and indemnify the Town of Apex, employees of the town, volunteers, contractors and/or sponsors from all risks and hazards associated with the activities and in the event of injury, do expressly waive all claims against them. I understand that no insurance coverage is provided by the Town of Apex Parks, Recreation and Cultural Resources Department. I further give permission for proper emergency care to be rendered to myself or child should I not be available or able to give such permission.

As part of this approval, I acknowledge I may have the opportunity to review the premises, equipment and personnel qualifications to be used in conducting the activity. I also have the opportunity to discuss with program organizers potential hazards and risks that may be associated with the activity and take responsibility for doing so. Failure to exercise this option indicates my approval and acceptance. I understand the Town of Apex does not provide transportation to or from activities scheduled by the Apex Parks, Recreation and Cultural Resources Department.

Participant's Signature Date

Parent's Signature Date

(if participant is under age 18)

Office Use Only (Course Code #6600)

Receipt # _____ Date _____

Staff Initials _____