



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN NOW



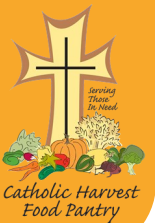
Thursday

November 22, 2018

9 a.m.

Join us for our 22nd Annual Turkey Trot 5K and burn some calories before your feast! Led by our biking turkey, this fun race is a great family activity that many have made a Thanksgiving Day tradition. You won't want to miss

The YMCA and the Catholic Harvest Food Pantry are once again conducting a food drive at the race. Like the Turkey Trot, the food drive continues to grow each year and we hope to continue that trend in 2018! Food pantry volunteers will be onsite to accept donations of non-perishable food items at race packet pick up and the morning of the



Please also consider supporting LIVESTRONG at the YMCA. This FREE 12-week, research-based program supports cancer survivors in regaining their physical, emotional and spiritual strength and is conducted in a small group environment that includes individualized attention for each participant. Adult survivors are eligible to join the program during all stages of recovery. LIVESTRONG at the YMCA also serves and embraces the families and caregivers that have been affected by the disease by providing a free family membership throughout the course of the program. Simply choose a "turkey part" for your level of giving

race



LIVESTRONG®

FOUNDATION

PACKET PICK UP

Tuesday, November 21 from 10 a.m. - 7 p.m.

Wednesday, November 22 from 9 a.m. - 5 p.m.

Pre-race entry packet pick-up available at the Graham Aquatic Center, 543 North Newberry Street, York PA 17401. Parking is available off Parkway Blvd, adjacent to Grace Brethren Church. Walk across the foot bridge and continue to the front entrance.

RACE DAY REGISTRATION

7:00 a.m. - 8:30 a.m. ONLY

START/FINISH

November 22, 2018 at 9 a.m. (Race begins promptly at 9 a.m.)

The race begins at the intersection of Market/Newberry Streets and ends on King Street adjacent to the Logos Academy (255 West King Street). Parking is available at the YMCA lot, on the street, and at the Comcast Building parking lot and garage located on Philadelphia Street. It is a flat, fast paced 5K course run on city streets.

AGE DIVISIONS

Awards will be in 5 year age group increments

Male and Female (9-13), (14 and under), (15-19), (20-24), up through and including (70 and up).

AWARDS

Overall (male and female) top three finishers. Prizes will also be awarded to the top three male and female finishers in all age brackets. Awards will be located inside the YMCA Building at the conclusion of the race. There will be no awards ceremony following the event.

2018 YMCA OF YORK TURKEY TROT ENTRY FORM

Name: _____ Male Female

Address: _____

Email: _____ Phone : _____ - _____ - _____

I know that running the YMCA Turkey Trot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, cold or slippery conditions of the race course, all such risks being known and appreciated by me. Having read this waiver, knowing these facts, and in consideration of your accepting my application, I, for myself and anyone

Entry Fees:

Adults Registering Prior to November 9th

Moisture Wicking Shirt \$25 _____

Without a shirt \$15 _____

Moisture Wicking T-Shirt Size

Adult: XS S M L XL XXL

Youth: S M L

Payment Method: Visa MasterCard American Express

Card Number: _____

Exp. Date: _____ Security Code: ____

Check Enclosed (Payable to YMCA)

Adults Registering After November 9th

Moisture Wicking Shirt \$35 _____

Without a shirt \$25 _____

Youth, 13 and Under - Reg price thru race day

Moisture Wicking Shirt \$18 _____

Without a shirt \$5 _____

LIVESTRONG Donation \$**** _____

Total enclosed Total _____

Support LIVESTRONG at the YMCA - donation levels below:

*Turkey Wing \$5.00

*Turkey Drumstick \$10.00

*Turkey Breast \$15.00

*Turkey Wishbone \$25.00

*Whole Turkey \$50.00

Mail completed forms and payment to:
 YMCA of York County
 Attn: Turkey Trot
 90 N. Newberry Street
 York, PA 17401