

Turkey Trot 5K Run/Walk & “Gobble Wobble” Family Fun Mile

Presented by Coastal Pediatrics



Saturday, Nov. 26th -

Waterfront Park, Elizabeth City NC

5K Registration- 8-8:45am

5K Start- 9am

Diaper Dash & Tot Trot-10am

Gobble Wobble Family Fun Mile

All proceeds benefit:



Name: _____

(First) (Last)

Address _____

E-mail _____

Phone # _____

Age on 11/26/16: _____ Gender: M F

T-shirt size (Free w/ 5K if registered by 11/18 only-):

YS YM YL YXL S M L XL XXL

I/ my child would like to....

- Participate in the 5K (\$25 before 11/18, \$30 after)
- Participate in the “Gobble Wobble” (\$10 for ages 5+)
- Participate in the Diaper Dash (by donation)
- Participate in the Tot Trot (by donation)
- Purchase additional t-shirts (\$10) *Size(s):* _____

Volunteer

Registration fees enclosed: \$ _____

Fees for additional shirts: \$ _____

Additional donation to Kids First, Inc. \$ _____

Total Enclosed: \$ _____

Please make checks payable to: Kids First, Inc. and mail to:
1825 West City Drive, Ste. A Elizabeth City, NC 27909

Online 5K registration also available at
www.runtheeast.com

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate 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 this race. I assume all risks associated with participating in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, high heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release race organizers, its directors, officers and staff; Run the East; the City of Elizabeth City and its employees; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I acknowledge that all registration fees are not refundable for any reason including inclement weather.

Printed Name: _____

Signature: _____

Guardian Signature (if under 18): _____

Printed name of Guardian: _____

Questions? Contact Courtney at Kids First at 338-5658, or e-mail cottrell@kidsfirstinc.org

SAFETY INFORMATION:

- ◆ This event is rain or shine, please dress accordingly. Light layers are recommended.
- ◆ Well-behaved dogs on leash are permitted.
- ◆ Strollers are permitted.
- ◆ Headphones are strongly discouraged for your safety.
- ◆ Children must be accompanied on the course by an adult at all times.