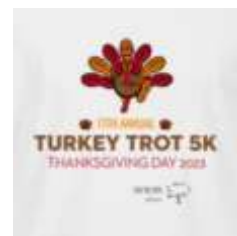


**17th Annual Thanksgiving Day Turkey Trot
5K Fun Run/Walk
Information/Registration Form 2023
Questions? Call (636) 528-5744**



7:00am
7:30am to race start
7:30am to race start
8:05am
8:25am
Until 9:30am

Fairgrounds Park Opens
Event Day Registration Open (Cash only)
Registration Pick Up (Don't forget a food donation)
Announcements and Awards at the Pavilion
Line Up and Race Start at the Skate Park
Breakfast Bags Available at the Pavilion



2023 Turkey Trot Registration Form

Please print clearly. One participant per form. Please complete 1-7, then review and sign back. Thanks!

1. Check one: _____ **\$10.00** + food donation and **NO** shirt (must be registered by 11/17)
or
_____ **\$15.00** + **NO** food donation and **NO** shirt (must be registered by 11/17)
or
_____ **\$25.00** + food donation and shirt! (must be registered by **11/17**) →→→ Tee size: S M L XL 2XL
or
_____ **\$30.00** = registration on Thanksgiving Day (no food donation required; shirts as quantities last, but not guaranteed)
2. Check one: _____ 5K run/walk
_____ 1.1 mile walk
3. My Name (first and last): _____
4. My Birthday: ____/____/____
5. Email Address (will not be shared; please provide): _____
6. Emergency Contact Name: _____
7. #6's Race Day Telephone: (_____) _____ - _____ →→→ **NOW, SIGN THE BACK** →→→

**Postmark by 11/15! Return the fully completed, signed, 2023 registration form along with entry fee (checks payable to TCCB) to:
TCCB, Post Office Box 417, Troy, MO 63379**

**Or drop off the fully completed, signed, 2023 registration form with food donation (see below) before November 17th at:
Lincoln County Music Supply, 681 South Lincoln Drive, Troy, 63379
(Monday through Friday 9:30am to 6:00pm, lunch 1:30-2pm and Saturdays 8am to Noon; closed on November 6th and 7th)**

**Buddy Bag Food Donations Should Be Brought With You When Registering!
We are collecting ONLY these items.**

Accepted 2023 Food Donations

(minimum 1 of these per participant)
(priced at Troy's Walmart)

♥ = kid favorite item

Spaghettios/Chef Boyardee Pasta Multipack (4 count)	\$3.88/4.28
♥ Vienna Sausages Multipack (6 count)	\$4.68
♥ Kraft Easy Mac Cup Multipack (4 pack)	\$4.92
Campbells Soup BOWL (not can!) Multipack (4 count)	\$4.98
Pop Tarts Multipack (16 count)	\$4.98
♥ Nutella with Pretzel/Breadstick Multipack (4 count)	\$6.46
Quaker Oatmeal Variety Pack (20 count)	\$6.98
Go Go Squeeze Applesauce/Fruit Multipack (12 count)	\$7.78
Dole/Del Monte Fruit Cup Multipack (12 count)	\$7.98

General Info. Thanks for choosing our local, family-friendly event that benefits the community band and Troy R3 Schools Buddy Bag Program. The route is an out and back, five kilometer course using Troy's city streets. It includes a significant hill going down at the start of mile 1 and going up at about the 2.5 mile mark. Participants may run or walk the course. Participants are required to have and wear their assigned number on the front exterior of their outermost piece of clothing so that it is visible at all times. There are no water stations on the route.

Potties. Two portable potties provided by the City of Troy will be available in the park – one in the main parking lot near the soccer field and one in the south ballfield parking lot. Please plan accordingly.

Breakfast. Volunteers will help participants put together a breakfast bag to take home after they finish their race. Head to the pavilion!

T-Shirts. This year's theme is: Stay the Path. Participants wanting the collectible, long sleeve t-shirt must pre-register by 11/17 at the upcharged rate of \$25.00. All registrations will be notified by email when their shirt is ready for pick up. Pick up can be made in store after notification or on event day starting at 7:30am. After the November 17th deadline, extra shirts will be available in order of receipt of fully completed, signed, and fully paid registrations. Not guaranteed to race day registrants

Dogs. Leashed, canine friends are welcome. Please be considerate of others in the handling of your pooch - including any public or private property you may tread upon. A treat, bottle of water, and paper bowl will be awarded to canine finishers again this year!

The Route.

START: Skate Park Stop Sign
South on Mallard to Monroe
West on Monroe through park to 3rd Street (1.1 mile walkers turn around here)
South on 3rd Street to Fast Lane
TURN AROUND
North on 3rd Street to Monroe
East on Monroe through park
FINISH: Covered Pavilion Parking Lot Entrance

Where is Fairgrounds Park?

From Troy's Hwy 47/Hwy 61 intersection:

- Head west on 47
- Turn left at the McDonald's stop light
- Go straight at the Cherry Street stop light
- Go straight at the Phillips 66 stop sign
- Fairgrounds Park is on your right
- Parking is available in the park

The Food Donation. We are collecting donations for the Troy R3 Buddy Bag Program. In accordance with what the program needs to best help students, each person/registration completed prior to event day should bring one of the multipack items listed underneath the registration form box. ONLY THE LISTED ITEMS ARE BEING ACCEPTED. We appreciate your compliance as it helps with storage and buddy bag consistency. Food donations are collected when you register in-store. Those who register by mail should bring their food donation when picking up their race number/t-shirt (whether at store or on Thanksgiving). Picking up for another or for a group? Please have all food donations with you - 1 per participant. Race numbers with verified food donations will be entered into the Back At Ya' drawing for a chance to win a \$50 gift card. Thanks for being so generous and a blessing to some R3 students!

Pre-Race Awards.

Ageless Wonder
Back At Ya!

aka most senior participant
aka thanks for the food donation!

must have pre-registered by November 17th
must have pre-registered in-store by November 17th

Post-Race Awards. Trophies are awarded to first/second/third place male and female 5K finishers. Winners MUST have their participant number at the finish line and need to stick around for the 9:00am group photo. 2022's best times were 19:47 (male) and 20:03 (female).

The Fine Print: Acknowledgements and Waivers.

_____ (my initials) The basic, pre-registration, entry fee is \$10.00 plus a food donation outlined on page 1. Participants wanting the 2023 promotional, long sleeve t-shirt should register by November 17th at the higher \$25.00 entry level which still requires a food donation (see above). Food donations should be brought when you register by walk-in, or can be brought to the registration table on Thanksgiving Day. Food donations will be given to the Troy R3 Buddy Bags program. **If registration forms are postmarked after November 15th or turned in after November 17th including on the day of the event, the entry fee is \$30.00.** Entry fee is non-refundable. Event is held rain or shine, sleet or snow. Children 8 and younger do not need to register. All children (14 years or younger) MUST be accompanied by an adult (18 years or older) at all times. All participants are required to have and wear a participant number on the front exterior of their outermost piece of clothing so that it is visible at all times. The course is over open city streets. Participants are responsible for their own welfare at all times - including being able to see and hear their surroundings.

_____ (my initials) I understand that there is an inherent risk in connection with this public event and that participation may include activity that is physically demanding. I understand that I am solely responsible for determining my fitness to participate. I expressly and specifically assume the risk of injury or harm in whatever form it takes and fully release, indemnify and hold harmless and waive all civil liability against this event's organizers, supporters, volunteers and the City of Troy, to the fullest extent permitted by law, from any and all liability for loss, cost, expense, injury, illness, death or property damage resulting directly or indirectly from my involvement in the 2023 Turkey Trot 5K as a participant, including claims of negligence.

I acknowledge that I am voluntarily participating in this event and hereby hold harmless the Troy Community Concert Band and all sponsors/beneficiaries/agents for any injury or illness that may occur to me before, after or during my participation. I have read, understand, and agree to this bolded statement as well as the two statements initialed above.

My Signature: _____

Note: If born after 2005, a parent's signature is required!