14th Annual Thanksgiving Day Turkey Trot: All For One and 1 4 All **Information and Registration Form 2019**



Special thanks to:

Questions?? Call (636) 528-5744

Troy Buchanan High School FCA Lincoln County Music Supply

Registration		1.25 mile Walk/5K Run	1.25 mile Walk/5K Run	
Method	Deadline	ONLY	plus Race T-shirt	
		\$12.50	\$20.00	
via USPS Mail	postmark by Mon. 11/18	+ food donation	+ food donation	
	(new process in 2019		(new process in 2019! see reverse)	
	_	\$12.50	\$20.00	
Walk-In	until Thurs. 11/21 at 6pm	\$12.50 + food donation (new process in 2019! see reverse) \$12.50	+ food donation	
		(new process in 2019! see reverse)	(new process in 2019! see reverse)	
on Event Day	starting at 7am	\$25.00	\$25.00 (shirts as available)	

7:00 to race start (inside!) Event day registration - \$25.00 7:00 to 7:50 A.M. (inside!) Food donation drop off and race number/t-shirt pick up 7:55 A.M. Pre-Race Awards/Announcements/Route Review/Event Blessing 8:10 A.M. Race Line Up 8:15 A.M. Race Start (no water stations on route) M/F 1st-2nd-3rd Place 5K Photos (please meet Steve inside Bonfils for photo and award) 8:45 A.M. Until 9:30 Grab It 'n Go Continental Breakfast inside Bonfils

2019 Turkey Trot Regis Please <u>print</u> clearly. One p	stration Form participant per form. Please complet	te 1-7, then sign. Thanks!		Don't forget to order Krispy Kremes on the reverse side!
1. Check one:	\$12.50 + food donation \$20.00 + food donation Tee size: YM YL S M L \$25.00 = postmarked after 11/18,	XL 2XL 3XL	5K run/walk 1.25 mile walk nanksgiving Day	
3. My Name (first and las	t):		4. My Birthday:	JJ_
5. Email Address (will not	be shared; please provide):			
6. Emergency Contact Na	ıme:	_ 7. Their race day telepho	ne: ()	
_	ntarily participating in this even eficiaries/agents for any injury	-	-	-
My Signature:		Note: If bor	rn after 2001, a parent's si	ignature is required!
entry level which still requires a foo Thanksgiving Day. Food donations v on the day of the event, the entry f district's band programs. Entry fee i	e is \$12.50 <u>plus</u> a food donation (see reverse side for donation (see reverse side for details). <u>Food dona</u> will be given to the Troy R3 Buddy Bags program. If i fee is \$25.00 . A portion of each participant's entry fis non-refundable. Event is held rain or shine, sleet on the free donated and wear a participant number on the free donated to have and wear a participant number on the free donated to have and wear a participant number on the free donated to have and wear a participant number on the free donated to have and wear a participant number on the free donated to have and wear a participant number on the free donated to have and wear a participant number on the free donated to have and wear a participant number on the free donated to have a fee dona	ntions should be brought when you regis registration forms are postmarked afte ee will be donated to the Lincoln Count or snow. All children (14 years or younge	ster by walk-in, or can be brought or November 18 th or turned in afte y R3 School District to benefit TBI er) MUST be accompanied by an a	to the registration table on er November 21 st including HS FCA or any of the adult (18 years or older) at
Return th	e fully completed, signed, 2019 registra TCCB, Post Office	ntion form along with entry fee Box 417, Troy, MO 63379	• •) to:

Or drop off the fully completed, signed, 2019 registration form with food donation (see reverse side for details) before November 22nd at: Lincoln County Music Supply, 681 South Lincoln Drive, Troy, 63379

(Monday through Friday 9:30 A.M. to 6:00 P.M., lunch 1:30-2pm and Saturdays 9:30 A.M. to 1:30 P.M.)

Troy Community Concert Band 14th Annual Thanksgiving Day Turkey Trot: All For One and 1 4 All Information and Registration Form 2019

General Info. The race will be timed (unofficial). The route is five kilometers, includes a significant hill in loop two, and starts and ends at Bonfils Auditorium. Participants may run or walk. 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. The 5K route consists of 3 "loops" each of which passes by Bonfils. All participants complete Loop 1 which is a lovely, 1.25 mile primarily residential route that has some incline but will be good exercise for walkers, seniors and families with children. Restroom facilities will be available inside Bonfils. There are no water stations on the route. A variety of breakfast items including Krispy Kreme donuts, muffins, breakfast bars, a variety of fruits and bottled water will be available inside Bonfils after the race. Be sure to bring a camera to get a festive photo with family, friends, and Tom, our six-foot inflatable turkey! The Trot benefits the Troy Community Concert Band and Lincoln County R3 School District Buddy Bag Program. Thank you so much for choosing our local, family-friendly event!

T-Shirts. Again this year! This year's theme is: All For One and 1 4 All. Participants wanting the collectible t-shirt must pre-register at the upcharged rate of \$20.00. 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 7am. After November 21st, excess shirts will be handed out in order of receipt of fully completed, signed, and fully paid registrations as on-hand quantities allow.

Dogs. Leashed, canine friends are welcome, but cannot be brought inside Bonfils. 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 disposable water bowl will be awarded to canine finishers again this year!

The Route. START: College and Buchanan Street Intersection

Loop 1: East on College to Main/South on Main to Wood/West on

Wood to 7th/North on 7th to...
...5Kers go up to College/West on College to Loop 2 OR

...1.25 mile walkers go West on Cherry/North on Perkins to FINISH

Loop 2: North on Clonts Field Drive to Clonts Field/Guide East (right) around

Loop 3: West on College to Perkins/South on Perkins to Harris/

West on Harris to Clark/North on Clark to Avery/West on Avery to High/South on High to Harris/East on Harris to Perkins/North on

Clonts Field 360°/South on Clonts Field Drive back up to College

Perkins to College/East on College to FINISH

FINISH: College and 9th Street Intersection

Where is Bonfils Auditorium?

From Troy's Hwy 47/Hwy 61 intersection:

- Head west on 47
- Go straight at each of these stoplights:
 - McDonaldsBurger King
 - o Walmart
 - Main Street
- Turn left at next stoplight (Ellis)
- Bonfils is in front of you at the 3-way stop sign
- Parking is on your left in the Middle School lot, on your right behind the Central Office building, or behind Bonfils Auditorium

The Food Donation. New this year! We are collecting donations for the Troy R3 Buddy Bag Program (you can learn more about Buddy Bags at https://www.troy.k12.mo.us/domain/1299). In accordance with what the program needs most, we are asking that food donations follow these specific guidelines, per person/registration (please don't mix and match between categories):

6 of the following: Canned pasta with pop-top

or 3 of the following: PopTarts (8 count)

or 2 of any of the following: Diced Fruit/Applesauce Cups (6 count) - Box of granola bars (12 count)

or 1 of the following: Peanut butter/cheese sandwich crackers (20 or 27 count) - 3-pack of 16oz. JIF peanut butter (both @ Walmart)

Also new this year, donations are going to be 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 inside Bonfils). Picking up for another ora group? Please have all food donations with you. Race numbers with verified food donations will be entered into the Back At Ya' drawing for a chance to win a frozen turkey, a \$50 gift card or two STL symphony tickets. Thanks for being generous!

Pre-Race Awards.

Farthest Flown aka furthest traveled must have pre-registered by November 21st
Ageless Wonder aka oldest participant must have pre-registered by November 21st

Back At Ya! aka thanks for the food donation! must have pre-registered by November 21st w/verified donation

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 8:45 A.M. group photo. Last year's best times were 19:25 (male) and 20:13 (female).

Krispy Kreme Donuts. The band is selling Krispy Kreme donuts in conjunction with the Turkey Trot. The donuts will be available for pick-up at Lincoln County Music Supply on Wednesday, November27th from Noon until 5:00 P.M. or at Bonfils Auditorium on Thanksgiving before 9:00 A.M. Fill out the form below to purchase donuts for your family, holiday house guests, or to take as a hostess gift. Orders must be pre-paid. Order deadline is 6pm on Thursday, November 21st.

2019 Krispy Kreme Donut Order Form - Order deadline is 6pm on Thursday, November 21st.								
1. Last Name:	2. Cell Number:							
3. (circle one) I plan to pick up my order on:	Wednesday afternoon at Lincoln County Music between Noon and 5:00 P.M.		Thursday morning at Bonfils between 7:00 and 9:00 A.M.					
4a. I am ordering x \$6.00/dozen	of original, glazed, Krispy Kreme donuts		= \$					
4b. I am ordering x \$7.50/dozen	of flavored Krispy Kreme donuts (identify fl	avor 👈)	= \$					
4c. MY TOTAL			= \$					
5. (circle one) Payment made by: Cash	OR Check (payable	to TCCB)						
Return the completed order form along with payment to: TCCB, Post Office Box 417, Troy, MO 63379								
Or drop off your completed order form with payment any Monday through Friday from 9:30 A.M. until 6:00 P.M. at: Lincoln County Music Supply, 681 South Lincoln Drive, Troy								

Flavored Donut Choices Indicate #_of dozen wanted on each line below. Cannot mix/match. Chocolate Iced...... Lemon Filled..... Raspberry Filled..... Crème Filled......