



# 7TH ANNUAL TURKEY TROT 5K RACE AND 1 MILE RUN/WALK NOVEMBER 22, 2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 7:30 AM RACE REGISTRATION 8:30 AM 5K AND 1 MILE RACES

Earn your pie and give to your community! Run or walk with family and friends this Thanksgiving. All proceeds go to those who cannot afford Y memberships or programs. Kids, adults, families, and individuals of all fitness levels are welcome.



Pre-register online at  
[www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)  
on or before November 15

| Race Fees:                 | Pre-Registered | Race Day |
|----------------------------|----------------|----------|
| 5K Short Sleeve            | \$25           | \$30     |
| 1 Mile Short Sleeve        | \$20           | \$25     |
| Long Sleeve (5K or 1 Mile) | \$40           | N/A      |

Register as a family of 3 or more  
& save \$5 each!

### Thanks to last year's sponsors:

Todd A. Lanser, MD  
Family Medicine with OB  
GRAHAM MEDICAL GROUP  
Affiliated with Graham Health System



Ben Phillips, MD  
Internal Medicine and Pediatrics  
GRAHAM MEDICAL GROUP  
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Chuck Taylor  
&  
Dee Clark



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DR. JASON CHAMBERLIN  
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NAPA Auto Parts, Hy-Vee Food Store & Running Central

## 7TH ANNUAL TURKEY TROT 5K AND 1 MILE RACE REGISTRATION (PRE-REGISTER BY NOV. 15)

NAME(LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ Y MEMBER? Y/N \_\_\_\_\_

PARTICIPATING IN: 5K 1 MILE \*SHIRTS GUARANTEED FOR PRE-REG ONLY. MEN'S AND WOMEN'S CUTS OFFERED.

SHIRT ORDER: WOMEN'S: S M L XL XXL MEN'S: S M L XL XXL XXXL  
YOUTH: S M L LONG SLEEVE: S M L XL XXL

EMERGENCY CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

WAIVER: I hereby waive all claims against the Canton Family YMCA, the City of Canton, Shazam Racing, sponsors, and any individuals associated with the event for any and all accidents or injuries incurred by me at this event. I attest that I am healthy and physically able to participate and that I am 18 years or older, or have a legal guardian's consent. I grant permission to use photos, video recordings, or records of myself by the Canton Family YMCA.

Signature \_\_\_\_\_ Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## REGISTRATION

Register at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org), or pick up forms at the Canton Family YMCA. Mail to: Canton Family YMCA, 1325 E. Ash, Canton, IL, 61520. Shirts are guaranteed for pre-registered participants only (before or on Nov. 15). Price increases on race day.

## RACE DIVISIONS AND AWARDS

**5K Divisions Include (Men's and Women's): Under 10, 11-14, 15-18, 19-25, 26-34, 35-44, 45-54, and 55-64, 65 and up.**

The first place men and women 5K finishers in each age division will be awarded a Thanksgiving pie. Top three men and women in each age division receive a medal.

**Mile Divisions Include Under 5, 6-10, and 11-14.** For the 1 mile, first three male and female finishers in each age division receive a medal.

**Fun Awards:** Thanksgiving Pies also given for largest family participating and best festive costume!

## RACE ROUTE AND PARKING INFORMATION

Race starts and finishes at the Canton Family YMCA. Parking is available in the YMCA lots and in nearby marked streets.

## PACKET PICK-UP AND RACE DAY INFORMATION

Packets can be picked up beginning Wednesday, Nov. 21 at the YMCA Customer Service Desk. Race day registration and packet pick-up will take place in the YMCA Community Room beginning at 7:30 am.

## For A Better You. For A Better Us.

Last year, this event raised \$5,000 to help families, children, adults, and seniors take part in activities and afford memberships at the Y. This year, we hope to raise even more to help people in our community live healthy, fulfilling lives. Start a new Thanksgiving tradition in your family.



**Register online at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)**

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### TRAVELING THIS THANKSGIVING? TURKEY IN THE OVEN? NOT A RUNNER OR WALKER, BUT WANT TO HELP?

You can still be an important part of this special event. Contribute to the Y's Annual Fund, and make someone thankful this year. Volunteers are also needed! Join our cause, and help out on race day. Volunteers are needed on the route, for registration, and for handing out water.



**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

- I would like to donate to help families, seniors, and youth who cannot afford programs or membership at the Y : \$25      \$50      \$100      \$250      Other:
- I would like to volunteer on race day.