

## Race Location:

Apex Community Park is located at 2200 Laura Duncan Road in Apex. The 5K will begin and end at the front of the park at the Laura Duncan entrance.

### Directions:

<http://www.mapquest.com>  
2200 Laura Duncan Rd  
Apex NC 27502

### Special Thanks to our Sponsors:

**RALEIGH  
RUNNING  
OUTFITTERS**

[www.raleighrunning.com](http://www.raleighrunning.com)  
(919) 870-8998



Henry Wurst, Inc  
Apex Cabinet Company

Town of Apex  
P.O. Box 250  
Apex NC 27502

Town of Apex  
Parks, Recreation and Cultural Resources

# 11th Annual Turkey Trot 5K Run



Saturday  
November 21, 2009  
10 AM  
Apex Community Park  
Apex, N.Carolina

# TURKEY TROT

## 5K

### Information

**WHEN:**

Saturday, November 21, 2009

**WHERE:**

Apex Community Park, 2200 Laura Duncan Rd

**TIME:**

Registration/Package Pickup - 8:30-9:45 a.m.

**NO RACE DAY REGISTRATION**

Race begins at 10 am - Arrive early - parking is limited. Sharing a ride is encouraged.

**COSTS:**

Competitive \$20 (before 11/8); \$25 (after 11/8)

Recreational \$15 (before 11/8); \$20 (after 11/8)

Youth Recreational (12 and under) \$10

Youth Competitive (12 and under) \$12

**THE COURSE:**

Certified course, thru park and around lake along paved trail and park roads. Chip timing provided by Young & Associates. Baby strollers allowed.

**AWARDS:**

Top male and female overall. Top 3 finishers (male and female) in each age division: 12/under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Enjoy post race refreshments. Awards ceremony will be held following the race.

**EARLY PACKET PICKUP:**

Avoid race day lines by picking up your packet early.

**Weds., Nov. 18** 3pm-6pm at Raleigh Running Outfitters

**Thursday & Friday, Nov. 19 & 20.** 9a.m.-5p.m. only at Apex Community Center, 53 Hunter Street, Apex

**QUESTIONS:**

Karl Lyon: Karl.Lyon@apexnc.org

### Registration

**HOW TO REGISTER:**

(1) You may **mail** your registration to:

Town of Apex

Turkey Trot

PO Box 250

Apex, NC 27502

CHECKS - made out to the **Town of Apex**

(2) You may register on-line at

**www.Active.com** by 11/17 or until full.

(3) Race is limited to the first 600. There will be **NO RACE DAY** registration. (Filled early last year)

**CATEGORIES:**

Again this year we will offer a **RECREATIONAL** division. Entries in this division will not receive a timing chip and will not be officially timed, recorded or eligible for awards. Individuals would be responsible for keeping their own time if desired. Everything else is the same as the **COMPETITIVE** entrants including receiving race t-shirt. **Course # 5884**

Participant Name: \_\_\_\_\_

If under 18 Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_

E-mail: \_\_\_\_\_

Gender: (M) \_\_\_\_\_ (F) \_\_\_\_\_ DOB \_\_\_\_\_

Age on Race Day \_\_\_\_\_

T-shirt size (adult sizes) S M L XL

Competitive (until 11/7) \$20 \_\_\_\_\_

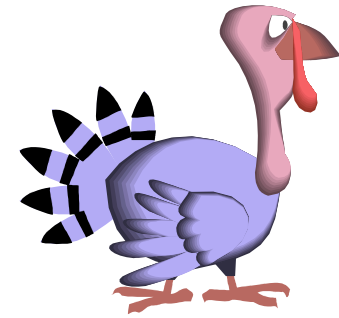
Competitive (after 11/7) \$25 \_\_\_\_\_

Recreational (until 11/7) \$15 \_\_\_\_\_

Recreational (after 11/7) \$20 \_\_\_\_\_

Youth Recreational (12 & U) \$10 \_\_\_\_\_

Youth Competitive (12 & U) \$12 \_\_\_\_\_



### Race Waiver

I, for myself or as parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities. I release, absolve, and indemnify the Town of Apex, employees of the Town, volunteers, contractors and/or sponsors from all risks and hazards associated with the activities and in the event of injury, do expressly waive all claims against them. I understand that no insurance coverage is provided by the Town of Apex Parks, Recreation and Cultural Resources Department. I further give permission for proper emergency care to be rendered to myself or child should I not be available or able to give such permission.

As part of this approval, I acknowledge I may have the opportunity to review the premises, equipment and personnel qualifications to be used in conducting the activity. I also have the opportunity to discuss with program organizers potential hazards and risks that may be associated with the activity and take responsibility for doing so. Failure to exercise this option indicates my approval and acceptance. I understand the Town of Apex does not provide transportation to or from activities scheduled by the Apex Parks, Recreation and Cultural Resources Department.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if participant is under age 18) \_\_\_\_\_ Date \_\_\_\_\_

Office Use Only (Course Code #5884)

Receipt # \_\_\_\_\_ Date \_\_\_\_\_

Staff Initials \_\_\_\_\_