

# Turkey River Turkey Trot Race

**AND FUN WALK \* SATURDAY, NOVEMBER 21, 2009**

## START & FINISH

Start and Finish areas are located at the Prairie's Edge Nature Center. The race will be on the Valley Ave/Vernon Springs Road and Prairie Springs Trail located near the Vernon Springs Recreational Area and the Turkey River. Enjoy fruit, breakfast bars and drinks at the finish. Restrooms will be available at the Prairie Springs Nature Center. Post-race refreshments and Awards presentation will be held in the lower level of the Nature Center.

## COURSE - 4 MILE

The 4 mile run/walk is on a paved and scenic course. The course runs along Valley Ave/Vernon Road into the outskirts of the City of Cresco and then back through a wooded area on the Prairie's Springs Trail. Road Security is provided. Water is available at the midpoint.

## WHERE

Prairie's Edge Nature Center  
11562 Valley Ave, Cresco, Iowa  
*Directions from Hwy 9, Cresco:*  
Turn south onto CR V-58. Turn west onto 4th Ave SW  
Turn south onto Vernon Road (Vernon Road becomes Valley Ave). End at 11562 Valley Ave.  
Saturday, November 21, 2009  
Day-of-race registration: 8:00-8:45 a.m.  
Race Begins: 9:00 a.m.  
Race held under any weather conditions.  
No refunds.

## REGISTRATION

Please send registration form, long sleeve t-shirt order and your entry fee made payable to F.I.T. Running Club / TRTT  
Mail to: F.I.T. Running Club  
1006 8th St E, Cresco, IA 52136

## ENTRY FEE

Received by November 8, 2009: \$18.00  
Received after November 8, 2009: \$22.00  
Your entry fee includes eligibility for door prizes and a long sleeve t-shirt. \*T-shirts not guaranteed for registrations received after November 15, 2009\*\*.  
For additional chances to win, bring any canned food item on the day of the race. All food donations will be given to local food pantries.

## AWARDS & PRIZES

The overall men's and women's first place runners will receive a trophy, turkey and \$50 grocery gift card. Medals will be provided to the first, second and third place runners in each age category. Limit of one award per person. All entrants will be eligible for random door prizes following the race.

## RACE CHAIRMAN

Rick Holmes: (563)547-4272  
For additional registrations visit [www.fitnesssports.com](http://www.fitnesssports.com)

## TO BENEFIT



**NEICAC**  
(Serving Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard & Winnebago Counties)

## A Great Cause

The Turkey River Turkey Trot is held to raise food and funds for the NorthEast Iowa Community Action Corp. The NEICAC is a non-profit organization that serves seven counties in Northeast Iowa. Participation in the event will help those less fortunate or those facing challenging times during the Holiday season.

We would like to "Thank You" in advance for supporting our cause.

## F.I.T. Running Club



- Cut along dotted line and mail -

## 2009 TURKEY RIVER TURKEY TROT RACE REGISTRATION FORM

FOR OFFICE USE ONLY  
RACE # \_\_\_\_\_

FIRST NAME	LAST NAME	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS	CITY	AGE
STATE	ZIP CODE	TELEPHONE



**MAIL REGISTRATION BY NOVEMBER 8, 2009**  
Make Checks Payable To:  
**F.I.T. Running Club / TRTT**  
Mail To:  
**F.I.T. Running Club**  
1006 8th St. E, Cresco, IA 52136

Divisions:  
 12 & under  
 13 - 19  
 20 - 29  
 30 - 39  
 40 - 49  
 50 - 59  
 60 +

Registration Fee: Received by November 8, 2009 \$18.00 \$ \_\_\_\_\_  
 Received after November 8, 2009 \$22.00 \$ \_\_\_\_\_

Long Sleeve T-Shirt Size:  S  M  L  XL  XXL

I would like to donate to NEICAC: (All donations are tax deductible) \$ \_\_\_\_\_

**TOTAL ENCLOSED**.....\$ \_\_\_\_\_

**\*\*Waiver of Liability on back must be signed before racing\*\***

## WAIVER OF LIABILITY PLEASE READ AND SIGN

In consideration of accepting this entry I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors, and administrators, contractually waive and release any and all claims for damages I may now or hereafter have against all sponsors, including, but not limited to NEICAC, F.I.T. Running Club, Turkey River Turkey Trot Committee Members, City of Cresco, Howard County, Prairie Springs Recreational Trail Association or any other personnel assisting with this event, for any and all injuries, including claims of damages suffered by me in this event as a result of my participation in said race. I understand that running or walking in a road race regardless of distance is a potentially hazardous activity. Further, I attest that I have trained for this race and am of sound physical condition. I also grant full permission to the sponsors and the agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.

Signature: \_\_\_\_\_  
(If under 18 years of age, parent or guardian must sign)

Co-Signature: \_\_\_\_\_

Waiver must be signed prior to participating in the Turkey River Turkey Trot Race