

Race Organized by:

Regulus Group, LLC

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Benefiting:

Shen-Paco Industries, Inc.

providing vocational, developmental,
educational and rehabilitative services to
adults with disabilities



Woodstock Turkey Trot

5K - 10K - TEENY K

When: Saturday, November 17, 2018
7:30AM Registration & packet pick-up begins
8:15AM Teeny K Fun Run
9:00AM 10K & 5K

Where: Massanutten Military Academy
614 South Main Street
Woodstock, VA 22664

Course: The course starts and finishes at the Massanutten Military Academy track and runs along neighborhood roads of Woodstock, VA

The Teeny K Fun Run is 2.5 laps around the Massanutten Military Academy track

Amenities: Long Sleeved T-shirt (guaranteed for all participants registered by November 5, size guaranteed for participants registered by October 31), refreshments and post-race goodies. Awards for overall and age group winners and ribbons for Teeny K Fun Run participants (age 10 and under)

Entry Fee: The 10K & 5K Early Bird fee is \$25 (due before October 31). Late registration fee (after October 31) is \$30. Race day registration fee (November 18) is \$35. Teeny K Fun Run is always \$10

10K & 5K Prizes: For each race: Overall male & Female winner. Top three overall male and female winners, 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ will be awarded medals.

Teeny K Fun Run: Participation award given to all participants

Make checks payable to:
Regulus Group, LLC

Send entry forms & fees to:
Regulus Group, LLC - Turkey Trot
238 North Main Street
Woodstock, VA 22664

Or register online through MIDNIGHT 11.15.18 at:

<https://raceroster.com/events/2018/19729/2018-woodstock-turkey-trot>

(processing fees apply)

Woodstock Turkey Trot 10K/5K & Teeny K Fun Run Race Registration Form 2018

Circle Event: 10K run 5K run 1K Fun Run Volunteer (no running for me, thanks!) **Sex:** M F

Age (on 11/17/18): _____

Name: _____ **Birthday:** _____

Address: _____ **Email address:** _____

City: _____ **State:** _____ **Zip Code:** _____

Home Phone: _____ **Work Phone:** _____

Emergency Contact: _____ **Relationship:** _____ **Phone:** _____

T-shirt size (circle one): **Youth** S M L **Adult** S M L XL XXL No shirt, please! Donate those funds to the cause!

I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against Regulus Group, LLC, Shen-Paco Industries, Inc., , the Massanutten Military Academy, the Town of Woodstock and/or any other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I also allow my picture and name to be used in publications as a result of this race.

Signature: _____ **Date:** _____

(A parent or legal guardian must sign for all participants under the age of 18)

