

TRAINING FOR THE TROT

Are you ready to start running? Are you nervous about signing up for a 5K run? Don't be nervous! Sign up for Training for the Trot to start your path to running 5Ks. We will take the basics of running and the dynamics of group exercise to help you achieve your running goal. All participants will be registered for the Turkey Trot on Thanksgiving Day!

The Turkey Trot is the largest 5k race in Southwest Missouri and has been a family tradition for the past 23 years! Come out and train with the Flock!

When: Oct. 5 - Nov. 16

Where: Dan Kinney Family Center

Time: Thursdays @ 5:30 p.m.

Fee: \$45.00 (Includes entry for the Turkey Trot)

Ages: 12 yrs and up

All participants will receive a long sleeve Training for the Trot t-shirt AND a Turkey Trot shirt.

Questions? Please call 891-1500 or email smcleod@springfieldmo.gov



23 Years helping the Community

Participant name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ ZIP: _____

Email: _____ Phone number: _____

T-Shirt Size: _____

I and all family members assume all risks of personal injury or property damage, which occur as the result of any participation in activities at the park, including, but not limited to, exercise programs, aerobics, weight lifting, running, basketball, volleyball or martial arts. By signing this agreement, user and family members assumes all risks of condition of premises, facilities and equipment used for such activities. User and family members release City, Park Board and their employees from all claims, even if caused by past or future negligence of City, Park Board or their employees, excepting only intentional acts or gross negligence. I agree to cooperate with the rules and regulations set for the by the Springfield-Greene County Park Board. I have read this waiver and hereby agree to comply with all obligations.

Participant Signature: _____

Method of Payment: Cash _____ Check _____ CC _____ Card # _____ Exp: _____ 3-digit code _____

Receipt #: _____ Employee accepting form: _____ Date: _____