

# TURKEY TROT 5K

RUN/WALK



Presented by:



**Brad Bradshaw** MD JD LC  
Specialized Medical Training  
*The critical difference.*

The 25th Annual Turkey Trot 5K Walk/Run is held **rain, snow or shine on Thursday, Nov. 28, 8 a.m.**, at the Springfield Expo Center, 635 E. St. Louis St., in downtown Springfield. Event map, FAQs and info at [ParkBoard.org/TurkeyTrot](http://ParkBoard.org/TurkeyTrot)

**REGISTER** | Registration includes a long-sleeved t-shirt and a race bib with timing device.

**PACKET PICK-UP**

**EARLY BIRD REGISTRATION DEADLINE**

**ON-SITE REGISTRATION**

At the Springfield Expo Center:

Friday, Nov. 22, 5 p.m.  
Adults: **\$20** • Kids 12 and under: **\$15**  
Register online at [ParkBoard.org/TurkeyTrot](http://ParkBoard.org/TurkeyTrot) (\$3.25 online service fee per person) or use this form (deliver by Nov. 22 or postmark by Nov. 19.)

Adults: **\$30** • Kids 12 and under: **\$25**  
In person only, at the Springfield Expo Center:  
• Wednesday, Nov. 27, 8 a.m.-5:30 p.m.  
• Race Day, Thursday, Nov. 28, 6-7:15 a.m.

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*For the safety of all event participants, **no unattended bags or items** are allowed at or along the race site. Such items may be considered abandoned and subject to search and seizure.*



↑ KEEP THIS ↑

Name: \_\_\_\_\_ Male Female

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_

Age on Nov. 28, 2019: \_\_\_\_\_ Email: \_\_\_\_\_ Group/Business: (if applicable) \_\_\_\_\_

**Choose a race category (see reverse for details)**  
Elite — No dogs, no strollers, must have completed a timed 5K in last 18 months, max. time 21 minutes/men, 24 minutes/women.  
• Qualifying Time: \_\_\_\_\_  
• Race Name: \_\_\_\_\_  
• Race Date: \_\_\_\_\_  
Runner — No dogs, no strollers.  
Walker/Family/Group — Strollers allowed, no dogs.  
Dog — All dogs must be on a leash. No dogs in Elite or Runner category.

**Payment**  
Springfield-Greene County Park Board, **NO REFUNDS.**  
**Fee:** \$20/adults, \$15/kids 12 and under, before Nov. 22  
\$30/adults, \$25/kids 12 and under, on Nov. 27-28  
Cash (in person only)  
Check # \_\_\_\_\_  
Credit Card Card # \_\_\_\_\_  
Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_

**Shirt Size:** Youth M Youth L Adult S Adult M Adult L Adult XL Adult 2XL Adult 3XL

In consideration of your acceptance of this entry, I, as the listed Participant or for my child if listed as the Participant, intending to be legally bound hereby for myself, my heirs and assignees, waive and/ all claims for any damages which I and/or my Participant child may have against the City of Springfield, the Springfield-Greene County Park Board, the Developmental Center of the Ozarks and/or any other sponsors and/or their employees and/or agents for any injuries suffered by me or my Participant child in this event, including those which may be attributed to weather conditions. I attest that I and/or my Participant child are physically fit and have sufficiently trained for the completion of this event. I agree to receive e-mail communications from the Springfield-Greene County Park Board, the Developmental Center of the Ozarks and the Ozarks Food Harvest. I give permission for me and/or my Participant child to be photographed or videoed while participating in Park Board activities and for those photos and videos to be used for promotional purposes. I have read the entry information provided and certify my and my Participant child's compliance by my signature below.

**Sign here:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
*(or parent/guardian signature for children under 18)*

**RETURN TO: Turkey Trot, c/o Springfield-Greene County Park Board, 1923 N. Weller Ave. Springfield, MO 65803.**  
Questions? Call 417-837-5817 or 417-864-1049 or visit [ParkBoard.org/TurkeyTrot](http://ParkBoard.org/TurkeyTrot)

**OFFICE USE ONLY:** Receipt # \_\_\_\_\_ Location \_\_\_\_\_ Adult / Child (circle)

# Turkey Trot 5K Run/Walk • Race begins at 8 a.m.

## RACE CATEGORIES

Participants are divided into four groups with staggered starting lines.

**RED ZONE Elite:** For runners who have completed a timed 5K race in the last 18 months in less than 21 minutes/men and 24 minutes/women. **No dogs or strollers allowed.** Elite category starts first.

**GREEN ZONE Runner:** For runners who will run the entire race without walking breaks. **No dogs or strollers allowed.** The Runner category starts second, just after Elite.

**WHITE ZONE Walker/Family/Group/Stroller:** For anyone participating with a group, small children or a stroller. Participants may run or walk. **No dogs.** This category starts third, just after Runner.

**YELLOW ZONE Dog:** For anyone participating with a dog. All dogs must be on a leash. Participants may run or walk. Strollers, families and groups are allowed. Please clean up after your dog. Dog category starts last.

## PACKET PICK-UP

Pick up your race packet, t-shirt and color-coded race bib with your timing device:

**Wednesday, Nov. 27, 8 a.m. -5:30 p.m., or  
Thursday, Nov. 28, 6-7:15 a.m.,** at

Springfield Expo Center, 635 E. St. Louis Street  
Downtown Springfield

Please share your Thanksgiving and **bring five nonperishable food items** to donate to Ozarks Food Harvest! Donations are collected at Springfield Expo Center during packet pick-up and on race day.

**No unattended bags or items allowed on race day.**



Race day instructions, map and parking info at [ParkBoard.org/TurkeyTrot](http://ParkBoard.org/TurkeyTrot)  
417-837-5817 • 417-864-1049

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## Why do we trot?



Proceeds from Turkey Trot benefit the Springfield-Greene County Park Board Youth Recreation Scholarship Fund and Developmental Center of the Ozarks.

The Scholarship Fund allows youth who qualify for free and reduced meals to participate in Park Board programs, sports, summer camp and other fee-based activities. Since 2008, more than 8,000 scholarships have been awarded!

DCO provides therapies and educational support to infants and children with developmental disabilities or delays, ages birth to three; as well as an inclusive childcare center and preschool for all children six weeks through six years of age. It also provides daytime educational, training and employment services for adults who have disabilities.

Turkey Trot is one of the largest food drives for Ozarks Food Harvest! More than 9,000 pounds were donated last year. Remember to bring **five nonperishable food items** to donate.

Thank you for supporting Turkey Trot!

## OUT OF TOWN FOR THANKSGIVING?

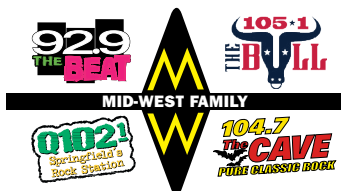
Join us in spirit as a **Traveling Trotter!**

Place your order by **Mon., Nov. 11**, and we'll mail your commemorative 25th Turkey Trot shirt to any address in the US, \$25 per participant, includes shipping.

Traveling Trotters are not eligible for race bibs, race time results, prizes or medals.

Register online only at [ParkBoard.org/TurkeyTrot](http://ParkBoard.org/TurkeyTrot)

## Thank you, Turkey Trot sponsors!



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**Brad Bradshaw** MD JD LC

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