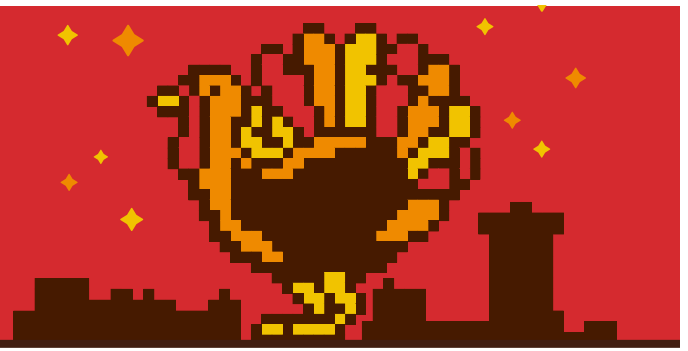


TRAINING FOR THE TROT



Oct. 1-Nov. 19 • Thursdays, 5:30 p.m.
Dan Kinney Park *2701 S. Blackman Rd.,
 Springfield, MO 65809*

Get ready for the **Virtual Turkey Trot 5K Run/Walk** by training with a group at Dan Kinney Park. Designed for individuals who want to run a 5K race for the first time, get back to running or who want to train with a group. Training will be held outside and will observe physical distancing. *For ages 16 years and older.*

FEE: \$45/participant includes registration for Turkey Trot and a Training for the Trot t-shirt.

REGISTER at ParkBoard.org/TurkeyTrot or using this form and return it to Dan Kinney Family Center by Oct. 1

Participant name:		Age:	Date of birth:
Address:			
City:	State:	Zip:	Phone #:
Email:			
PAYMENT: \$45/participant — <i>includes Training for the Trot t-shirt as well as Turkey Trot registration and t-shirt</i>			
Cash (in person only)			
Check # _____ Make checks payable to Springfield-Greene County Park Board.			
Credit Card Card # _____ Expiration Date: _____ CVV: _____			
Shirt Size:	Adult S	Adult M	Adult L Adult XL Adult 2XL Adult 3XL

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 mar-tial 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 here-by agree to comply with all obligations.

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



The **26th Annual Turkey Trot 5K Walk/Run** is held **Nov. 26-29 at the location of your choice.** Run/walk your own 5K, upload your time and share your photos with us! Sample race routes and info at ParkBoard.org/TurkeyTrot

DAN KINNEY FAMILY CENTER • 2701 S. Blackman Rd. • 417-891-1500 • ParkBoard.org/DanKinney



OFFICE USE ONLY: Receipt # _____ Employee accepting form: _____ Date: _____