 

**Be a part of history and an annual tradition and attend the**

**6th Annual F-M Turkey Trot**

Sponsored by the F-M All Sports Booster Club - No timing chips, just pre feast calorie burning fun!

 **Trot early…..eat all day!**

**All ages are welcome, come walk, trot or run! No pets please.**

**Proceeds will benefit F-M sport programs-** [**www.fmsportsbooster.org**](http://www.fmsportsbooster.org)

**Date:** Thanksgiving morning**,** Thursday, November 26, 2015

**Time:** 10:00AM Kid’s Fun Run, 10:15AM 8K and 4K (approximate distance- trail/weather conditions could impact course)

**Course and Race Distances:** 8K, 4K, and 800M kid’s fun run all on the F-M High School Cross Country trails. In the event of inclement weather, an alternate route will be available. START and FINISH are near the F-M HS track. Meet at the F-M HS track. NO SPIKES ALLOWED.

**How to Register and Cost details (this year participation gift will be a Turkey Trot pint glass see below):**

**Race Registration until 11/18/15:** $20 per person (includes 1 glass), $15 per kid under age of 12 (includes 1 glass), $50 family rate **(immediate family ONLY- children 22 and under and includes ONLY two glasses)**

**On line:** Go to [www.fmsportsbooster.org](http://www.fmsportsbooster.org) for the registration link or go directly to: <http://www.lightboxreg.com/6th-annual-f-m-turkey-trot_2015>

**Mail in:** Carey Lorraine 4424 Swissvale Dr. Manlius, NY 13104, Attn: Turkey Trot with checks made payable to FM All Sports Booster Club. Mail in registrations must be received by **11/18/15**.

**Race Registration after 11/18/15:** $25 per person (includes 1 glass), $20 per kid (includes 1 glass), $60 family rate **(immediate family ONLY– children 22 and under and includes ONLY two glasses).** Race day registration begins at 9:00AM at the Snack Shack by the F-M HS main field/track.

**Glass Pick Up:** Will occur starting at 9AM on race day at the Snack Shack by the F-M HS main field/track.

**New this year: online store for long sleeve and short sleeve Turkey Trot t-shirt sales:**

<https://scholasticss.tuosystems.com/stores/turkeytrot>

**Complete one form for EACH participant**

**-------------------------------------------------- Cut on dotted line-------------------------------------------------------------Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_**

**E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Gender: M F (circle one) Age on Race Day:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mandatory Waiver (signature required)**

I know that running a road/trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to , falls, contact with other runners, the effects of the weather, including high heat and /or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself and everyone entitled to act on my behalf, waive and release the FM Boosters, Volunteers, Town of Manlius, FM School District and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agree with its content with my signature.

**Runner Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent or guardian if under 18) Date \_\_\_\_\_\_\_\_\_\_\_\_\_**