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**6th Annual Laker 5K Turkey Trot**

**Thanksgiving Day – 2015**

**All Proceeds To Benefit Lake Area Food Pantries**

* Race will be held at Camdenton High School beginning at 9:00 a.m.
* Registration will begin at 7:30 a.m. Forms available at [www.camdentonschools.org](http://www.camdentonschools.org)
* Pre-Registration deadline is Monday November 16th.
* Only pre-registered entrants are guaranteed a t-shirt.

Entry Fee: Individuals: Pre-Registration : $20, Race Day : $25

(Non-refundable)

Families of 3 or more: Pre-Registration: $15 per person, Race Day - $20/ person

Make checks Payable to: Camdenton R-3 Schools

Drop off at Camdenton High School or Send To: Camdenton High School, PO Box 1409,

Camdenton MO, 65020

Age Groups by Gender Awards

Top Male/Female Runner

Plaque and Prize

10 and under

Runners are encouraged to bring canned or boxed food items to help feed the hungry.

11 – 14 Top 3 medals in each

15 – 19

20 – 29

Pie Eating Contest

Winner will receive plaque.

Limit of 15 people

30 – 39 1st - Turkey

School Organization/Club/Sport Team

with the most entrants will receive

up to 10 PaPa Johns Pizzas

40 – 49 2nd – Pecan Pie

50 – 59 3rd – Pumpkin Pie

60 and over

Entry and Release form for Laker Turkey Trot

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_

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

Age on Race Day: \_\_\_\_\_\_\_ Male \_\_\_ Female \_\_\_

T-Shirt Size: Adult sizes: SM \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ I do not want a t-shirt \_\_\_\_\_

**WAIVER and RELEASE**— In consideration of my entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, Camdenton R-3 Schools, any and all sponsors of the race, volunteers and committee members while participating in or traveling to and from the 4th Annual Laker Turkey Trot. I further attest that I am physically fit and sufficiently trained for this event. I have read, understood, and agree to this release.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent must sign if runner is under 18)