

SEAPORT STRIDERS RUNNING CLUB

30th ANNUAL

TURKEY TROT RUN & WALK



4-Mile Fun Run and Turkey Raffle

Saturday, November 23, 2019

10:00 AM



Bring a non-perishable food item
for donation to the local food banks

Registration: Check-in and registration from 9:30 a.m. to 10:00 a.m. next to the Swallows Nest Park Boat Launch on Highway 129. For more information, call our race director, Al at 509-780-2449.

Cost: Just \$1.00, no shirt, no numbers, just a **GOOD TIME!!** Mail entry form and check payable to: **Seaport Striders, P.O. Box 20, Lewiston, ID 83501.** No late fee. No refunds.

Course: Start at Swallows Nest Park and run south along the levee trail. The run finishes at the Asotin High School football field/track. Rides back to the start are usually available after the drawings, but it is recommended that you arrange to have a car in Asotin or carpool with friends. This event is kid, stroller, and dog friendly. Just be mindful of other participants.

Awards: There will be drawings for turkeys and pies. There are no awards - Just the joy of a friendly walk or run.

Membership: Sign up for next year. Seaport Striders Club Membership is \$10.00 per person or \$20 per family (living in same household, kids 18 yrs & younger) per calendar year. Applications are available at the registration table and on our web page, www.seaportstriders.com

Name: _____ Phone: _____

Address: _____ City: _____ St: _____ Zip: _____

E-mail: _____ Gender: **M** **F** Race Day Age _____

Release, Waiver, Assumption of Risk & Indemnification: *In consideration of the acceptance of my entry, I do hereby acknowledge that I assume all risks resulting therefor, and I do hereby, for myself, my heirs, my executors and/or administrators, waive, release, and forever discharge any and all sponsors and organizers, their officers, agents and assigns, the race director and volunteers from any and all liability arising from illness, injuries, or damages I may suffer as a result of my participation in the Turkey Trot Fun Run. I understand that there will be no traffic control on the course and that I must watch for vehicles at intersections and on the roadway.*

Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____ (applicants under 18)

Just \$1 – 2019 Turkey Trot

Visit our website, www.seaportstriders.com, for more club information.