



Gold's Gym

Turkey Derby

All Proceeds Going to Benefit *Baby William*
(Son of Billy and Lisa Yancey)

Race Date:

Thursday, November 27th (Thanksgiving Day)

Race Director
Jen Johns
757-424-1600
jengoldsgym@yahoo.com

Race Times: 730AM-830 AM Morning Registration
830 AM Stretching
9:00 AM 5K Run (3.1 Miles)

LOCATION

Gold's Gym invites all runners and walkers to participate in the Third Annual Turkey Derby 5K Run/Walk. The 5K course starts and finishes at Gold's Gym in Virginia Beach (3809 Princess Anne Rd, Virginia Beach, VA.)

AWARDS

Awards will be given to top three male and Female overall and for top three Male and Female in age group 19-under, 20-29, 30-39, 40-49, 50-59, 60-over, will be presented immediately after the race inside Gold's Gym Virginia Beach.

COURSE SUPERVISION

Runners must follow traffic flow and yield the right-of-way to vehicular traffic. Course marshals will be located at critical checkpoints on the course. Water will be supplied on the course.

REFRESHMENTS

There will be light refreshments before and after the race.

REGISTRATION

\$25 Minimum Donation Per Entry

Packet pickup is Thursday November 27th, 7:30 AM to 8:30 AM at Virginia Beach Gold's Gym. All pre-registered entries up through November 21st will receive a T-shirt. Race day registrations not guaranteed a T-shirt. \$25.00 Minimum Donation for PRE-REGISTERED AND RACE DAY REGISTRATION. Please make all checks and money orders payable to: **Gold's Gym** and mail to: **Gold's Gym 600 Jarman Rd, Chesapeake, VA 23320.**

OFFICIAL ENTRY FORM

*Cost is a \$25.00 donation per entry for 5K. Registrations can be turned in at Chesapeake, Virginia Beach, Newport News, or Norfolk Gold's Gyms. Mailed entries must be postmarked by Monday, November 17, 2008. Please make all checks and money orders payable to: **Gold's Gym** and mail to: **Gold's Gym 600 Jarman Rd, Chesapeake, VA 23320.**

FIRST NAME MI LAST NAME

MAILING ADDRESS CITY/STATE ZIP

(AREA CODE) PHONE # EMAIL ADDRESS

BIRTHDATE _____ SEX (please circle) MALE FEMALE T-SHIRT, CIRCLE ONE - M L XL

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running/participation in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive Gold's Gym, the U.S. Government, the City of Virginia Beach, Commonwealth of Virginia, KaleRunning.com, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner Date

Signature of Parent if Runner under 18 Date

Gold's Gym
Turkey Derby
5K RUN/WALK Thursday – November 27, 2008 Rain or Shine