

Race Waiver & Release

Waiver of Liability: In consideration of this entry, I, the signee, intending to be legally responsible for myself, my heirs, my executors and administrators, waive and release all claims for damages I may have against the Friends of the Ed Thomas YMCA and/or Community Hospital, the Republican River Fitness Series and its board of directors, the RRCA and all other organizations sponsoring this race and their representatives, successors and assigns for any and all injuries, suffered by me in said event.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. I also understand that my entry fee is nonrefundable.

Signature (parent/guardian must sign if under 19)

Date

Detach and return to:

Community Hospital
RRFS Turkey Trot/Candy Crosby
PO Box 1328
McCook, NE 69001

Make checks payable to RRFS



PO Box 1328 • McCook, NE, 69001

Address Service Requested

Ready. Set. TROT!
A fun 5K run/walk
Costumes Welcome!



Saturday, November 20

Community Hospital
Patient Accounts Building
711 East 11 Street • McCook

9 - 9:45 am:

Packet pick-up and race
day registration

10 am: Start time

Race Information

Race day registration and race packet pick-up from 9 - 9:45 am in the garage of the Community Hospital Patient Accounts building at 711 East 11 Street.

Unless it is blizzarding, all turkeys will trot through sun, rain or snow! Dress accordingly.

Race Shirts

- Long sleeved cotton vintage shirts-- Men's sizes (Ample sizing) Youth sizes available.

- **Deadline for ordering a shirt is November 11 at 5 PM to receive on race day.**

- You may register the day of the race. Your shirt can be picked up at the YMCA in 1-2 weeks following race.

- Registration is \$27 shirt included (add \$3 for 2XL and up), or \$15-no shirt.

Awards

Awards for the top three male and female finishers in each age group.

For questions, please call or e-mail:

Candy Crosby, Community Hospital Public Relations Coordinator at 308-344-8340, ccrosby@chmccook.org

Ronda Graff, at 308-340-3412, rondagraff@gmail.com

Route

After signing in, all turkeys will trot on the walking trail to the college, returning on the walking trail. Well behaved dogs on leashes, and strollers are also welcome to line up behind the runners!

Online Registration & Payment

All registrations will be done **online at www.republicanriverfitnessseries.com**. If at all possible, please register online before race day. This will streamline the process and make for a better race experience for all.

If you need assistance with the registration process it will be given during check in. **Registrations will close at 9:40 am.** Bibs with race numbers can be picked up at this time as well.

Proceeds

Community Hospital is honored to sponsor this event to benefit the McCook Food Pantry.

Donated Canned Goods

In the spirit of the holiday season, please bring a canned good to donate to the McCook Food Pantry.



Detach and Return if unable to register online

Race shirt size (circle one)

Youth S M L

Adult S M L XL XXL XXXL

(Add \$3.00 for XXL and XXXL)

Do Not Want a Shirt

Name _____

Male ___ Female ___

Address _____

City/St/Zip _____

Phone # _____

Age (as of January 1, 2021) _____

Birthday/month/year _____

Email _____

5K with shirt- \$27 (\$30 2XL and up)

5K without shirt - \$15

NOTE: Shirt styles based on availability from manufacturer. Substitutions may be made!

