

Turkey River Turkey Trot Race

AND FUN WALK * SATURDAY, NOVEMBER 22, 2008

START & FINISH

Start and Finish areas are located near the Prairie's Edge Nature Center. The race will be on the Valley Ave/Vernon Springs Road and Prairie Springs Trail located near the Vernon Springs Recreational Area and the Turkey River. Enjoy fruit, breakfast bars and drinks at the finish. Restrooms will be available at the Prairie Springs Nature Center.

COURSE - 4 MILE

The 4 mile run/walk is on a paved and scenic course. The course runs along Valley Ave/Vernon Road into the outskirts of the City of Cresco and then back through a wooded area on the Prairie's Springs Trail. Road Security is provided. Water is available at the midpoint and refreshments served at the finish.

WHERE

Prairie's Edge Nature Center
11562 Valley Ave, Cresco, Iowa
Directions from Hwy 9, Cresco:
Turn south onto CR V-58. Turn west onto 4th Ave SW.
Turn south onto Vernon Road (Vernon Road becomes Valley Ave). End at 11562 Valley Ave.
Saturday, November 22, 2008
Day-of-race registration: 8:00-8:45 a.m.
Race Begins: 9:00 a.m.
Race held under any weather conditions.
No refunds.

REGISTRATION

Please send registration form, long sleeve t-shirt order and your entry fee made payable to NEICAC/TRTT (Northeast Iowa Comm. Action Corp/Turkey River Turkey Trot)
Mail To: TRTT Committee
1006 8th St E, Cresco, IA 52136

ENTRY FEE

Received by November 8, 2008: \$18.00
Received by November 16, 2008: \$22.00
After November 16, 2008: \$26.00
Your entry fee includes eligibility for door prizes and a long sleeve t-shirt. * *T-shirts not guaranteed for registrations received after November 16, 2008*.*
For additional chances to win, bring any non-perishable food item on the day of the race. All food will be distributed by NEICAC to people in need for the Holiday Season.

AWARDS & PRIZES

The overall men's and women's first place runners will receive a medal, turkey and \$50 grocery gift card. Medals and turkey will be given to the first place runners in each age category. Medals will be given to the second and third place runners in each age category. *Limit of one award per person.*

RACE CHAIRMAN

Rick Holmes: (563)547-4272
For Additional Registration Forms, Visit
www.risingsunwellness.net/turkeytrot.pdf

TO BENEFIT



NEICAC
(Serving Allamakee, Bremer, Chickasaw, Clayton, Fayette, Howard & Winneshick Counties)

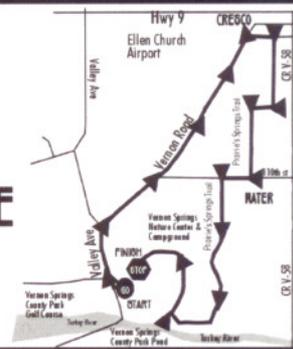
A Great Cause

The Turkey River Turkey Trot is held to raise food and funds for the NorthEast Iowa Community Action Corp. The NEICAC is a non-profit organization that serves seven counties in Northeast Iowa. Participation in the event will help those less fortunate or those facing challenging times during the Holiday season.

We would like to "Thank You" in advance for supporting our cause.

The Turkey River Turkey Trot Committee

FOUR MILE COURSE MAP



2008 TURKEY RIVER TURKEY TROT RACE REGISTRATION FORM

FOR OFFICE USE ONLY
RACE # _____

FIRST NAME	LAST NAME	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS	CITY	AGE
STATE	ZIP CODE	TELEPHONE

For Additional Registration Forms, Visit
www.risingsunwellness.net/turkeytrot.pdf

MAIL REGISTRATION BY NOVEMBER 16, 2008
Make Checks Payable To:
NEICAC/TRTT
(Northeast Iowa Comm. Action Corp / Turkey River Turkey Trot)
Mail To:
TRTT Committee
1006 8th St. E, Cresco, IA 52136

Divisions:
 12 & under
 13 - 19
 20 - 29
 30 - 39
 40 - 49
 50 - 59
 60 +

Registration Fee: Received by November 8, 2008 \$18.00 \$ _____
 Received by November 16, 2008 \$22.00 \$ _____
 Received after November 16, 2008 \$26.00 \$ _____

Long Sleeve T-Shirt Size: S M L XL XXL

I would like to donate to NEICAC: (All donations are tax deductible) \$ _____
 \$12 (For purchase of a turkey or ham gift card) \$25 \$50 \$100 Other

TOTAL ENCLOSED \$ _____

****Waiver of Liability on back must be signed before racing****

WAIVER OF LIABILITY
PLEASE READ, SIGN AND RETURN
WITH REGISTRATION

In consideration of accepting this entry I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors, and administrators, contractually waive and release any and all claims for damages I may now or hereafter have against all sponsors, including, but not limited to NEICAC, Turkey River Turkey Trot Committee Members, City of Cresco, Howard County, Prairie Springs Recreational Trail Association or any other personnel assisting with this event, for any and all injuries, including claims of damages suffered by me in this event as a result of my participation in said race. I understand that running or walking in a road race regardless of distance is a potentially hazardous activity. Further, I attest that I have trained for this race and am of sound physical condition. I also grant full permission to the sponsors and the agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.

Signature: _____
(If under 18 years of age, parent or guardian must sign)

Co-Signature: _____

Waiver must be signed prior to participating in the Turkey River Turkey Trot Race