



23RD

ANNUAL TURKEY TROT

Saturday, November 18th
HICKORY FOUNDATION YMCA

The Hickory Foundation YMCA hosts many events each year to bring the community together. Proceeds from this race help the Y carry out its Mission to provide programs that build a healthy spirit, mind and body to make Hickory a stronger community. Your race entry fee will help to continue this support in our community.

WHEN

- Packet Pickup: Friday, November 18th
- Race Day Registration 7:00am–8:00am
- Youth Fun Run Start Time: 8:30am
- 10K Start Time: 9:00am
- 5K Start Time: 9:03am
- Awards Ceremony: 11:00am*
- **To be guaranteed a t-shirt in your size on race day, you must register by November 9th**

WHERE

The Youth Fun Run will be held at the Hickory Foundation YMCA outdoor track. Maps will be provided for the 5K/10K Run/Walk. The Awards Ceremony will be held at the C.O. Miller Teen Center.

CONTACT

Tammy Hefner | Hickory Wellness Director | tammyh@ymcacv.org
Lala Kozischek | Corporate Wellness Director | lalak@ymcacv.org

REGISTRATION FEE*
YOUTH Fun Run/5k/10k
\$15 Ages 1–12 *No added discounts
August 1 – Race Day

REGISTRATION 5k/10k
*Registration fee is non-refundable

Early Registration \$25/\$30
August 1 – October 1st

Race Registration \$30/\$35
October 2nd–November 11th

Late Registration \$40/\$45
November 12th– Race Day

*Phantom Runner \$25
August 1st—November 18th

*Race t-shirt included in phantom registration fee

RECOGNITION

Overall

A turkey and trophy will be awarded to the top male & female in the 5K & 10K

5K & 10K

Medals will be awarded to the top 3 finishers in each gender and age division

Register Online at:
www.ymcacv.org/turkeytrot



INDIVIDUAL REGISTRATION FORM

Ask for details regarding the YMCA Corporate
Cup and group registration rates.

SATURDAY, NOVEMBER 18, 2023

Male and Female Age Divisions

9 & Under	35-39
10-14	40-44
15-19	45-49
20-24	50-54
25-29	55-59
30-34	60-69

Awards

Trophy and Turkey for 5K Male & Female Top
Finisher and 10K Male & Female Top Finisher

Medals for Top 3 Male & Female Finishers in
Each Age Group

www.ymcacv.org/turkeytrot

Registration is non-refundable

Last Name

First Name

Gender: ☐ M ☐ F

_____/_____/_____

_____-_____-_____

Age

DOB (mm/dd/yyyy)

Phone Number

Email Address

Address

City

State

Zip Code

Race: ☐ Fun Run ☐ 5K ☐ 10K ☐ PHANTOM 5k/10k Shirt Size: ☐ YXS ☐ YS ☐ YM ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL

Emergency Contact Name

Emergency Phone Number

Please Read & Sign:

WAIVER OF LIABILITY: I fully assume and understand the risks of participating in an open course run including death or injury due to vehicles, falls, collisions with other participants or spectators, actions by hostile humans or animals, uneven pavement, obstructions, adverse weather, sudden illness and all other risks. I attest that I am physically fit to participate. I authorize run officials to provide medical attention at my expense should I appear in need. For injuries I sustain, including death, I agree to save and hold harmless the YMCA of Catawba Valley, City of Hickory, local government, law enforcement personnel, volunteers, event staff, suppliers, contractors and anyone else connected with the organization of this event, from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs or assigns, arising from my participation in this event or the instruction I received.

WAIVER FOR PUBLICITY: I agree that images taken of me during this event may be used in any legal manner without payment to me. I have read and understand the terms of this document. I make this agreement and pay my entry fee in exchange for the privilege of participating under the conditions of the event.

Participant Signature and Date

Parent / Guardian if under 18