

# 7<sup>th</sup> Annual Laker 5K Turkey Trot

## Thanksgiving Day - 2016

### All Proceeds To Benefit Lake Area Food Pantries

- Race will be held at Camdenton High School beginning at 9:00 a.m.
- Registration will begin at 7:30 a.m. Forms available at [www.camdentonschools.org](http://www.camdentonschools.org)
- Pre-Registration deadline is Monday November 14<sup>th</sup>.
- Only pre-registered entrants are guaranteed a t-shirt.

**Entry Fee: Individuals:** Pre-Registration : \$20, Race Day : \$25

(Non-refundable)

Make checks Payable to: Camdenton R-3 Schools

Drop off at Camdenton High School or Send To: Camdenton High School, PO Box 1409,  
Camdenton MO, 65020

#### Age Groups by Gender

#### Awards

10 and under

11 - 14

15 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 and over

Top 3 medals in each

1<sup>st</sup> - Turkey

2<sup>nd</sup> - Pecan Pie

3<sup>rd</sup> - Pumpkin Pie

Top Male/Female Runner  
Plaque and Cash Prize

Pie Eating  
Contest  
Winner will  
receive plaque.  
Limit of 15

Runners are encouraged  
to bring canned or boxed  
food items to help feed  
the hungry.

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#### Entry and Release form for Laker Turkey Trot

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

T-Shirt Size: Adult sizes: SM \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ I do not want a t-shirt \_\_\_

**WAIVER and RELEASE**— In consideration of my entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, Camdenton R-3 Schools, any and all sponsors of the race, volunteers and committee members while participating in or traveling to and from the 4<sup>th</sup> Annual Laker Turkey Trot. I further attest that I am physically fit and sufficiently trained for this event. I have read, understood, and agree to this release.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent must sign if runner is under 18)