Cape Fitness Sponsors
The 7th Annual Turkey Trot
"Get Fit Before You Feast"
November 26, 2009 at 9 AM
5k Walk/Run
All proceeds benefit Brendan's Fund, for pediatric cancer.

I certify that I have trained sufficiently for this event, waive and release all claims and rights that I, my heirs, executors and administrators might have against Cape Fitness any race sponsors, Brendan's Fund or sanctioning body in the event of an injury suffered by me in the 7th Annual Turkey Trot Run. (Parents signature required if under 18 years old.)

Entry Fee:
Before 11/16/09 $18/ under age 18: $15
Race Day Registration $20/under age 18: $15

Make checks payable to Brendan's Fund.

Pre Registered Trotters guaranteed shirts in requested sizes… and may pick shirts up race day or 11/25 between 5-9 pm.

NAME (please print) Phone Number Email T-shirt Size

_____(YXL) (S) (M) (L) (XL)

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