



# 5 K/10K Turkey Trot / 1 Mile Dog Jog

37<sup>th</sup> Annual

SATURDAY, NOVEMBER 16, 2024

Hosted by: Sanford Parks and Rec and Oscar Mayer

\$50 Hannaford Gift Cards for 1<sup>st</sup> place M & F (5K ) and \$25 Hannaford Gift Cards 2<sup>nd</sup> place M & F (5K)

\$35 Hanny Gift Card for 1<sup>st</sup> place M & F (10K) \$20 to 2<sup>nd</sup> place M & F 10K

**Distance** 5K 10K or 1 mile (Leashed Dogs welcome for 1-mile event only)

**Date and Time** \* Saturday, November 16, 2024. Event starts at 9:00am

**Location** \* Meet at the Memorial Gym, 678 Main St. at 8:15am for check-in

**Entry Fee** \* \$20 pre-pay, \$25 day of race (\$5 Sanford Student)

**Plus** \* water, fruit, munchies, timing clock, results forwarded to area media. [www.sanfordrec.com](http://www.sanfordrec.com)

The course can be found on our web site. The event will begin in front of Pride Elementary, on to the serene Mousam trail and end back at the Gym.

Register early and save - [www.sanfordrec.com](http://www.sanfordrec.com). Fun Raffle Prizes too - \$35 Gift card and more

**1 Mile Dog Jogs will be entered into a raffle for a \$15 gift card. Dog walkers, please bring clean-up kit. The 1 Mile race is not timed and Dogs are not required to enter.**



## 2024 REGISTRATION FORM

Name \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ 5 K \_\_\_ 10K \_\_\_ 1 Mile \_\_\_

**\*Please indicate age and division for 5K and 10K race only - Circle one.**

Coed Division - 12 and under \_\_\_\_\_

\_\_\_\_\_ 13-17 Only \$5 for Sanford Student) \_\_\_\_\_ 13-17

\_\_\_\_\_ 18-29 \_\_\_\_\_ 18-29

Male \_\_\_\_\_ 30-39 Female \_\_\_\_\_ 30-39

Division \_\_\_\_\_ 40-49 Division \_\_\_\_\_ 40-49

\_\_\_\_\_ 50-59 \_\_\_\_\_ 50-59

\_\_\_\_\_ 60 & Great Grand \_\_\_\_\_ 60 & Great Grand

Masters

Masters

RIBBONS FOR WINNERS OF EACH DIVISION

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representatives, successors and assigns, for any and all injuries suffered by me at said event.

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

(Parent or guardian if under 18)

Make checks payable to: City of Sanford Parks & Rec Dept

Phone: 324-9130 919 Main St., Sanford, ME 04073

