



**4,500 runners and walkers expected with three start times!**

Sponsored by Justin Rudd!, C.A.T., Gazette Newspapers & Councilman DeLong

## LONG BEACH TURKEY TROT for charity!

**5K/10K Run/Walk & Kids 1/2-Mile Wingding**

Thanksgiving Day, Thurs., Nov. 26, 2009

7<sup>th</sup> Annual | Start/Finish: Belmont Olympic Pool | [www.TurkeyTrot.us](http://www.TurkeyTrot.us)

**THE COURSE & PARKING** The Start & Finish lines and parking are same as last year -- at the Belmont Olympic Pool, 1 Bennett Ave. in the Belmont Shore area of Long Beach. The flat "out-and-back" course, which heads toward the Queen Mary and downtown Long Beach, is on the scenic beach bike path. The 5K (3.1 miles) run/walk starts at 9:30; 10K (6.2 miles) run/walk begins at 8:30 a.m. and the 1/2-Mile Kids' Fun Run will start at 8:10 a.m. Optional start times: 7 a.m. (5K runners only) or 7:30 a.m. 5K/10K runners/walkers. **NOTE: By law, dogs are NOT allowed in this event. 350 FREE HOLIDAY PIES** to random finishers. The finish line is in front of the Belmont Pool.

**PACKET PICKUP** In front of the Belmont Olympic Pool on Wed., Nov. 25, from 3-7 p.m. and on race day starting at 6:30 a.m.

**AWARDS & TIMING** Overall top-three 5K (9:30 a.m. only), 10K (8:30 a.m. only) and Kids' 1/2-mile run females & males will receive a prize and award certificate. There is no professional timing company for this charity run AND no age division awards. A large 2-sided digital race clock will be at finish line for each race. By not hiring a timing company, we will be able to donate that \$10,000+ straight to our local charity.

**CHARITIES** Proceeds benefit Justin Rudd's nonprofit 501c3 Community Action Team (CAT) -- including the monthly 30-Minute Beach Cleanups; Nat'l Elem. School Spelling Bee; Nat'l Adult Spelling Bee; Operation Santa Paws; Miss Long Beach, Belmont Shore Sidewalk Chalk Art Contest; Great American 4<sup>th</sup> of July Kids' Bike Parade; Haute Dogs; Miss Long Beach, and Operation Easter Basket. **Please bring canned goods for food bank.**

**WAIVER AND ASSUMPTION OF RISK** I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this event and I've consulted with my physician about my participation. Risks include, but not limited to, those caused by bicyclists, strollers, in-line skaters, runners and walkers on the public beach bike path, terrain, weather, clothing, condition of the athlete, vehicles, other participants and failure to adequately hydrate and/or train. In consideration of your accepting this entry to participate in the 5K/10K Turkey Trot or Kids' Half-Mile Run (the "Event"), I hereby assume all risks associated with this event and I hereby waive, release and discharge Justin Rudd, the Community Action Team (CAT) and its officers, Councilman Gary DeLong, Gazette Newspapers, race officials, volunteers, the City of Long Beach, all sponsors, their representatives and successors from any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in this event. Further, I hereby grant full permission to any and all foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this Event for any legitimate purpose. I understand there is no professional timing company for this event. I authorize emergency treatment or transportation if necessary. I understand you are adding my e-mail address to your runner's database. **IF PARTICIPANT IS UNDER 18:** This is to certify that my son/daughter has my permission to compete in the 5K/10K Turkey Trot and/or Kids' Half-Mile Run, is in good physical condition, and that race officials have my permission to authorize emergency treatment or transportation if necessary.

Note: You must be at the starting line 10 minutes before your race begins. Pick up your t-shirt/bib at least 40 minutes before your race.

Name <i>print clearly</i>		Age <i>race day</i>	<input type="checkbox"/> Runner <input type="checkbox"/> Walker <input type="checkbox"/> Pushing Stroller <i>must start @ back of lineup</i>	<input type="checkbox"/> Male <input type="checkbox"/> Female
Phone	City/State	E-mail <i>print clearly</i>		
<input type="checkbox"/> 5K RUNNERS ONLY @ 7 a.m. NOTE: You can choose to walk or run these: <input type="checkbox"/> 5K @ 7:30 <input type="checkbox"/> 10K @ 7:30 <input type="checkbox"/> Kids 1/2-mile @ 8:10 <i>ages 12 &amp; under</i> <input type="checkbox"/> 10K @ 8:30 <input type="checkbox"/> 5K @ 9:30 <input type="checkbox"/> Add \$10 for an add'l start time. <input type="checkbox"/> Add \$20 for two add'l start times.		<i>T-shirt size, choose one</i> Youth <input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL		
<b>REQUIRED:</b> Signature <i>Parent signature, if under 18</i>		Date		

Entry fees are nonrefundable and nontransferable. Mail or hand-deliver this entire form. Please do not staple checks to this form.

<input type="checkbox"/> \$30 5K/10K or <input type="checkbox"/> \$20 Kids 1/2-mile <b>if received by Sun., Nov. 22</b> <input type="checkbox"/> \$35 All races <b>if received Nov. 23, 24, 25 or 26</b> <input type="checkbox"/> Add \$10 for an add'l start time. <input type="checkbox"/> Add \$20 for two add'l start times.	<i>check payable to "Turkey Trot" or "CAT," 5209 E. The Toledo #1, Long Beach, 90803</i> <b>CASH ONLY ON RACE DAY</b> <b>TOTAL AMT. ENCLOSED: \$</b>
Add'l tax-deductible contribution to Community Action Team (C.A.T.) - Justin Rudd's 501c3 nonprofit that hosts the Turkey Trot, beach cleanups, animal and kids events, and other projects listed above. <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> other: \$	

RACE DIRECTOR: Justin Rudd, 562/439-3316 or [Justin@JustinRudd.com](mailto:Justin@JustinRudd.com)

**2009 Long Beach Turkey Trot | [www.TurkeyTrot.us](http://www.TurkeyTrot.us)**

Make checks payable & mail or hand-deliver this entire form to "Turkey Trot" or "C.A.T.," 5209 E. The Toledo #1, Long Beach, CA 90803