



# 360° CHIROPRACTIC TURKEY TROTTER 8K RUN/4K WALK NOVEMBER 17TH

OLDHAM COUNTY PARKS & RECREATION

Presented By:



Parks and Recreation



## Volunteers

Oldham County Parks and Recreation is in need of volunteers to fill several job duties for these races to be a success. If you have Beta hours, service hours or you just some extra time this is a great opportunity for you to get 3+ hours and have fun doing it. All volunteers will receive a t-shirt for working and your name will be put in a drawing for one of the door prizes.

Please fill out form and mail to OC Parks and Recreation or call 502-225-0655 ext. 102.

Name: \_\_\_\_\_  
 Phone (H): \_\_\_\_\_ (C): \_\_\_\_\_  
 Shirt Size: S M L XL XXL

### Volunteer Opportunities with Start Time:

- (Check jobs you wish to help with)  
 (You can check more than one)
- \_\_\_\_\_ Water stop (7:30 a.m.)
  - \_\_\_\_\_ Course directions (7:30 a.m.)
  - \_\_\_\_\_ Registration (6:45 a.m.)
  - \_\_\_\_\_ Course prep. (6:00 a.m.)
  - \_\_\_\_\_ Course Tear Down
  - \_\_\_\_\_ Finish Line (7:30 a.m.)



### Make checks payable to Oldham County Parks and Recreation

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Gender:  Male  Female Shirt Size  S  M  L  XL  XXL (add \$2.00 for XXL shirt)

Send entry form and check to:  
 Turkey Trotter 8K Run/Walk  
 1551 N. Hwy 393  
 LaGrange, KY 40031

I, the undersigned participant in "Oldham County Parks and Recreation 2011/12 Turkey Trotter 8K run/walk, do hereby agree for myself, my heirs, executors, and assigns that Oldham County Parks and Recreation, Oldham County Fiscal Court and any agents, officers, employees, and sponsors thereof, shall be released from any and all claims for personal injury or injury, loss, or damage to personal property suffered or sustained by me in connection with, or arising out of or resulting from, any and all activities associated with the "Oldham County Parks and Recreation 2012 Turkey Trotter 8K Run/walk while on or about the premises of the United States, Commonwealth of Kentucky, Oldham County, Oldham County Parks and Recreation Department. I further assume the risk of personal injury, loss, or damage to myself and loss, injury, and damage to my property while on the above premises and while participating in the above activities. I understand that I, my child or any family member(s) may be photographed during the course of this Oldham County Parks and Recreation program and the photographs may be used in print media or on the internet for promotional purposes.

Signature or (signature of parent if under 18)

Entry Form (circle races entering)	
Turkey Trotter 8K	\$15/\$20
Total	



## Turkey Trotter 8K Run/Walk

Saturday, November 17, 2012

Wendell Moore Park

Race begins at 8:00 a.m.

### Distance:

8K (4.97 miles) - Runners.

4K (2.5 miles) - Walkers.

### Registration Fees:

\$15.00 early registration, \$20.00 after November 1st, including race day. All pre-registered entrants guaranteed a long sleeve t-shirt, late registrants on a first come/first serve basis.

### Race Day:

Late registration and packet pickup starts at 7:00 a.m. and closes at 7:50 sharp. Awards ceremony starts at 9:30 p.m.

### Awards:

Awards will be given for the overall Male and Female plus the top two finishers in each of the following age groups: 10 & under, 11-19, 20-29, 30-39, 40-49, 50-59, 60 & over and Walkers Division.

## 2013 Race Dates

### Clover Leaf 5K Run/Walk:

Thursday, March 21, 2013

### Duathlon

Saturday, June 8, 2013

### Firecracker 5K Run/Walk

Saturday, July 13, 2013

### Mini-Triathlon

Saturday, September 7, 2013

### Skeleton 5K Run/ Walk

Sunday, October 20, 2013

### Turkey Trotter 8K Run/ Walk

Saturday, November 16, 2013

Wendell Moore Park

1551 North Highway 393

LaGrange, KY 40031



- Go to [www.oldhamcounty.net](http://www.oldhamcounty.net) and click on parks and recreation to get maps to each park.

## COURSE MAP

Course is made up of cross country, dirt trail, road and paved trails. This race has it all. This course will challenge even the best of runners.

### Sponsor



**CHIROPRACTIC**  
We've Got Your Back

Dr. Kathy J. Pansegrau, B.A., D.C.

502-241-8939

**360 Degree Chiropractic specializes in the treatment and prevention of spinal health conditions for adults, children, athletes, and expectant moms in a comfortable, modern, healing environment.**

**Kinesio Tape** is the world's foremost elastic therapeutic tape. By mimicking the qualities of human skin, Kinesio Tape can provide proven, comfortable treatment to patient of any age or condition. Kinesio Tape is approved for treatment during any of the stages of injury.

- Kinesio Tape is a powerful injury preventative.
- Kinesio Tape can be used along side many other treatments and modalities to specific desired results.
- Kinesio tape in an ideal treatment whether you're trying to achieve immediate results or steadily improve a debilitating condition.