Signature or (signature of parent if under 18)

# **Volunteers**

Name

Make checks payable to Oldham County Parks and Recreation

Address

Date of Birth

Email Age

Gender:  $\Box$  Male  $\Box$  Female

1551 N. Hwy 393

LaGrange, KY 40031

Turkey Trotter 8K Run/Wlak Send entry form and check to:

and sponsors thereof, shall be released from any and all claims for personal injury or injury, loss,

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.)







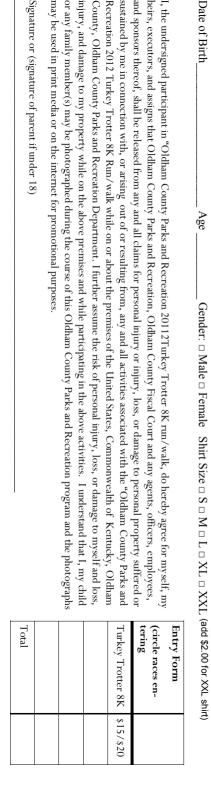
**OLDHAM COUNTY PARKS & RECREATION** 

NOVEMBER 17TH

Presented By:









# **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 preregistered 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 and click on parks and recreation to get maps to each park.

# **COURSE MAP**

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



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.