

**REGISTER ONLINE AT**  
**YMCALINCOLN.ORG/TURKEYTROT**

- Early registrations will not be accepted at a YMCA facility.
- Race day registrations will only be accepted at the Cooper YMCA.

**RACE DAY DETAILS:**

- 6:30-7:30 am Packet pick-up and late registration inside the Cooper YMCA
- 8:00 am 1-Mile Run/Walk begins
- 8:30 am 5K Run & 3 x 1 Relay Begins

**ENJOY THE 5K, 3X1 TURKEY LEG RELAY OR THE 1-MILE FUN RUN/WALK!**

The Cooper YMCA is located at:  
6767 South 14th Street  
Lincoln, NE 68512



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**Lincoln, NE 68512**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TURKEY TROT

Thanksgiving Morning,  
November 27, 8am  
**COOPER YMCA**

**RUN, WALK AND GOBBLE FOR STRONG KIDS**

## REGISTRATION

**Deadline to RECEIVE A T-SHIRT and receive the following rates is Friday, November 21, 2014**  
**Register online at [YMCALINCOLN.ORG/TURKEYTROT](http://YMCALINCOLN.ORG/TURKEYTROT)**

**1-Mile Fun Run/Walk - \$14**

**5K Individual entry - \$27**

**3 x 1-Mile Turkey Leg Relay-Relay - \$42 Per Team**

**Family Registration - \$62 per family** for participation in the 5K and/or the 1-Mile Fun Run/Walk. A family consists of up to 2 adults, ages 22 and over, and children 21 years of age and under all living at the same address full-time; with a maximum of 5 family members per registration. If registering more than 5 family members, please include \$7 more per extra family member. Note: Family registrations submitted with more than 2 adults (22 years of age and over) will not be accepted.

## LATE REGISTRATION

All entries received after Friday, November 21 will pay an extra \$5 per person. Note: Late entries will receive a stainless steel water bottle instead of a t-shirt.

## RACE DAY REGISTRATION

(6:30-7:30 am on Thursday, November 27) will pay an extra \$10 per person.

Please note: Late entries will receive a stainless steel water bottle instead of a t-shirt.

## PACKET PICKUP

Early packet pickup will be at the Cooper Y on Wednesday, November 26 from 5:00-8:00 pm. Race day packet pickup will be from 6:30-7:30 am at the Cooper YMCA.

## RACE DAY WEATHER POLICY

All races will go as scheduled; rain, snow, or extreme cold. Please dress appropriately!

- No Refunds on Entry Fees.
- Open to the public.
- Dogs are not allowed on the course during any of the races.

## EVENT DETAILS

For descriptions and details of the course map, the 5K, 3X1 Turkey Leg Relay and 1-Mile Fun Run/Walk, please see details on our website at [ymcalincoln.org/turkeytrot](http://ymcalincoln.org/turkeytrot)

## THE COURSE

All races will take place on the beautiful grounds of Lincoln Memorial Park, across the street from the Cooper YMCA. This course offers paved roads with a few moderate hills. Traffic within the park is minimal, although the course is not closed. Dogs are not allowed on the course during any of the races. Strollers are allowed, but must start at the back of start line.

## COSTUME CONTEST

All registered participants dressed in a holiday-themed costume will be eligible for prizes at the awards table after the races. Join us in the gym of the Cooper YMCA to see if you won!



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## AWARDS

### 5K

The first male and first female to cross the finish line of the 5K will each receive a frozen turkey, courtesy of Super Saver.

### Turkey Leg Relay Winners

The first all-male, all-female and co-ed turkey leg relay teams to cross the finish line will all receive prizes.

### Age Group Winners

Overall 5K male and female age group winners will receive an award at the awards table in the Cooper YMCA gym after the race.

#### Age groups are as follows:

12 and under	40-49 years
13-19 years	50-59 years
20-29 years	60+ years
30-39 years	

### Door Prizes

All registered participants are eligible for door prizes donated by local businesses. Winners will randomly be selected through the online registration. Stop by the awards table in the Cooper gym after the races to see if you won!

### Child/Youth Prizes

Every registered child who participates in any of the races will receive a finisher's ribbon!

### Costume Contest

All 5K, relay teams and 1-mile participants who dress in a holiday themed costume will be entered in the "best dressed" contest for prizes!

### Refreshments & Prizes

Join us inside the Cooper YMCA gymnasium following the run to pick up your awards and prizes. Enjoy coffee, hot chocolate and bagels while the kids jump in the bounce house and play games.