YMCA Turkey Trot

5K, 3 x 1-Mile Turkey Leg Relay, 1-Mile Fun Run/Walk
Thursday, November 22, 2012

Race Directors

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Register online at www.heartlandtiming.com
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
9:15 am Awards ceremony begins inside the Cooper YMCA

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

Cooper Y

1-Mile Fun Run/Walk: Please be on the starting line in Lincoln Memorial Park at 7:55 am for the 1-Mile Fun Run/Walk. All registered youth will receive a finisher's ribbon at the finish line. Note: This is a fun run/walk and will not be electronically timed. If you would like to know your time, listen for it called out as you cross the finish line.

5k Race: Begins promptly at 8:30 am and runs 2 laps around Lincoln Memorial Park. Frozen turkeys to overall male and female finishers. Medals to overall age-group winners. Electronically timed-please return your timing chip at the finish line. Participants failing to return their chips may incur a replacement fee.
3 x 1-Mile Turkey Leg Relay: Relay teams must report to the starting line at 8:15 am to be directed to the exchange points on the course. The race begins at 8:30 am with the 5K and follows the same route. A 3-person team, exchanging a baton at each mile marker. Medals to the first all-male, all-female and co-ed teams. Teams provide their own batons and creativity is encouraged. Electronically timed-please return your timing chip at the finish line. Participants failing to return their chips may incur a replacement fee.

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.
Costume Contest: All participants dressed in a holiday-themed costume will be eligible for prizes at our awards ceremony after the races. Join us in the gym of the Cooper YMCA to see if you won!
Parking: Parking is not available in Lincoln Memorial Park-please park at the Cooper YMCA and walk over to the course.

Registration

Deadline to register at the following rates is Friday, November 16, 2011
Register online at www.heartlandtiming.com Early registrations will not be accepted in a YMCA facility. Race day registrations will only be accepted in the Cooper YMCA
$12 1-Mile Fun Run/Walk
$24 5K individual entry
$36 Per Team 3 x 1-Mile Turkey Leg Relay
$50 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 $5 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 16 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 22) will pay an extra $10 per person.
Please note: : Late entries will receive a stainless steel water bottle instead of a t-shirt.

Race Day Weather Policy

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

No Refunds on Entry Fees!