



GRANTS PASS FAMILY YMCA

1000 Redwood Ave., Grants Pass

Join us for our 2020 TURKEY TROT Thursday, November 26th

Our Turkey Trot will operate following COVID-19 restrictions and social distancing guidelines.

- * We are offering staggered start times in order to limit group sizes.
- * Participants will run in 5 minute waves starting at 7:30am or 9:00am - a maximum of 50 in each wave.
- * Masks are not required to run, but we encourage participants to wear a mask before and after their run or whenever 6-feet of distance cannot be maintained.

5K Race

\$25 per individual if registered by November 16th

Awards given on basis of age category and gender

2 Mile Fun Run

\$10 per individual if registered by November 16th - OR -

\$35 per family (all family members MUST be registered)

Prizes awarded for best costumes, not times, so come dressed up!!

T-Shirts

\$20 each (after November 16th - \$25 and limited to availability)



*Registrations Nov. 17-24th are \$10 more per registration.
Pre-registration is required. NO DAY OF REGISTRATION THIS YEAR.
Register TODAY at the YMCA or online at www.grantspassymca.org.

Contact Stephanie Lund for more information: (541) 474-0001 or slund@grantspassymca.net



Evergreen Federal Bank is a proud supporter
of the Grants Pass Family YMCA and
sponsor of the Turkey Trot.

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MORE EVENT DETAILS...

Due to COVID restrictions and best practices to keep everyone safe, the race will function differently than it has in the past. We feel we will still be able to provide our runners with a great race experience.

PLEASE take the time to read the following information before you register. We want everyone to understand how this new and unique process will work on race day.

- We will begin the race in wave starts. This means that there will not be one mass start but rather a start every 5 minutes with only 50 runners in each group. When you register, you will choose a distance and start time.
- 5K and 2 Mile Fun Run will have start time options of 7:30am or 9:00am.
- The 5K will be chip-timed and 2 mile is just for fun. Each may have different start and finish locations.
- ALL 2 MILE FAMILY MEMBERS MUST BE REGISTERED.
- All spectators must also provide contact information as well.
- 5K award medals will be given to the top female and male runners for each age division and the overall female and male winners. Race results will be on our website by the following Friday.
Award winners will be notified via email and medals can be picked up at the YMCA.
- All participants and attendees are asked to maintain social distance of 6 feet or more between themselves and others that live outside of their household.
- Masks are required when you cannot maintain 6' social distancing.
- Runners do not have to run with a mask on. Be respectful of your fellow runners when at the start line, on the course and at the finish.
- Check your email and junk mail the week of the event for any updates on event details and parking.

Please print

Name: _____

Circle One: 5K 7:30am * 5K 9am * 2mi FAMILY 7:30am * 2mi FAMILY 9am * 2mi INDIV 7:30am * 2mi INDIV 9am

Age: _____ Date of Birth: ____ / ____ / ____ Gender: M / F T-Shirt: Y / N Size: YS YM YL S M L XL XXL (if purchasing shirt)

Address: _____ City: _____ State: _____

Zip: _____ Phone#: _____ Emergency Contact : _____

Relationship: _____ Phone: _____

Mandatory Release Form

I know that running or walking in this event is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running or walking in this event, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release any and all sponsors including, but not limited to Grants Pass Family YMCA, and all sponsors, the representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may rise out of negligence or carelessness on the part of the persons named in this waiver.

Signed _____ Signature of Parent or Guardian if
Participant is under 18 years _____