



Turkey 10 Miler/5K Run Walk
Dead Lake Marina, Creola
Saturday, November 21, 2009 at 8:30 am

Benefits: Creola Police and Rescue, Dead Lake Marina and Bay Area Food Bank

Bay Area Food Bank: Please bring canned or packaged non-perishable food to the race to donate to Bay Area Food Bank

Organized by: Port City Pacers

Location: Dead Lake Marina, Creola, AL

Distance: 10 Mile (AL06034JD) and 5K (AL06033JD) certified courses. Courses are flat and fast!

Post Race Party: Our traditional Holiday Party will be held. Please bring a dish to share. We will supply drinks, ice, cake, plates, cups, spoons, forks and other treats.

Registration: Pre-register by mail (entries should be postmarked by **November 16**), in person at McCoy Outdoor until noon on **November 19**, or online (www.Active.com) until midnight **November 18**. Race day registration is at the race site from 7:00 to 8:00 am. Registration will close **30 minutes** before the start of the races to enable data input. If you register late, you may not be included in the results.

Entry fees:	Pre-registered with shirt	Pre-registered –no shirt	Day of Race with shirt	Day of Race – no shirt
	PCP members: \$15	PCP members: \$11	PCP members: \$20	PCP members: \$15
	Non-members: \$17	Non-members: \$13	Non-members: \$22	Non-members: \$17
	12 and under: \$14	12 and under: \$10	12 and under: \$18	12 and under: \$14
	Active Military: \$10	Active Military: \$5	Active Military: \$14	Active Military: \$10
	Police/Firefighters:\$7	Police/Firefighters:Free	Police/Firefighters:\$7	Police/Firefighter:Free

Awards: **5K Awards:** Top M & F Overall, top M & F Masters, Grandmasters, Senior Grandmasters, and racewalkers. Top male and female in 5-year age groups

10 Mile Awards: Top 3 M & F Overall, top M & F Masters, Grandmasters, Senior Grandmasters and Top 3 racewalkers. Top 3 Male and Female in 5-year age groups

Shirts: Participants registered by November 19 will be guaranteed shirts on race day. Participants registered after November 19 will receive shirts while the supply lasts.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

Last Name: _____ **First Name:** _____ **Age:** _____ **Sex:** _____

Address: _____ **City, State & ZIP:** _____

Phone Number: _____ **Date of Birth:** _____ **PCP:** Yes No

T-Shirt Size: S M L XL XXL \$2 extra **Event:** 5K run 5K Racewalk 10 Mile Run 10 Mile Racewalk

Active Military ___ Police ___ Firefighter ___ **Additional donation to Bay Area Food Bank:** _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release PCP Pacers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Results for this race will be posted on the Port City Pacer Website and/or local newspapers. Please let us know if you do not want your name printed or posted electronically

Signature of Participant _____ Date _____

(Parent/Guardian must sign for participants under 18)

Make checks payable to: Port City Pacers

Mail application and fees to: Port City Pacers; Turkey 10 Mile/5K; PO Box 6427; Mobile AL, 36660