6th Annual Turkey Dash
5k Run/Walk
Thanksgiving Morning
Thursday, November 26, 2009 9:00 am
Avon High School

Benefiting: The Karen P. Nakon Breast Cancer Foundation
Where: Avon High School ~ 37545 Detroit Road, Avon, OH
Course: Start and Finish at Avon High School –flat loop through neighboring developments
Race Course Certification code: OH 08051 PR
Entry Fee: Adults 20.00 ~ Children (12 and under) $16.00
After 11/16 - Late Registration: $22.00 for all ages
T-shirts: Register early to receive a FREE long sleeve t-shirt. Limited number available
Awards: Presented to top male and female overall 5K finishers and top 3 5K finishers in each age division
Information: www.nakonfoundation.org **Email:** info@nakonfoundation.org **Phone:** 440-933-7621

REGISTER ON LINE AT www.NakonFoundation.org

Coffee, water, fruit, and a piece of pumpkin pie to all participants!

Pre-Registration, Presale Raffle, and Packet Pick-up at Avon High School
Wednesday, November 25th from 5:00-8:00 pm.
Race Day Registration opens at 7:30 a.m.

Register on-line at www.nakonfoundation.org or
Return registration / donation with your check made payable to: ***Nakon Foundation***
35765 Chester Road
Avon, OH 44011

_____
Name

_____
Address

_____
City State Zip

_____
Phone

_____
Email (required for confirmation and race updates)

☐ Male ☐ Walking
☐ Female ☐ Running
Age_____

Shirt Size: S M L XL
Circle One - Quantity Limited

The Karen P. Nakon
Breast Cancer Foundation

Can't make the run but here's my donation $_____

In consideration for the acceptance of my application to participate in The Karen P. Nakon Breast Cancer Foundation 5k Race/Walk, I do hereby, fully forever waive, release and discharge myself, my estate, heirs, executor and assigns the City of Avon, The Nakon Foundation and their respective trustees, officers, administrators, employees, agents and volunteers and all other persons and entities involved in the organization, planning or supervision of the 5k race from any claims, losses or damages whatsoever, including any and all personal injuries, damages to health or any other damages arising directly or indirectly from my participation in the race or race-related activities whether said losses, damages or claims are caused directly or indirectly by or related to a known or unknown risk of hazard and whether they are caused by a negligent acts or acts, regardless of the degree of negligence.

I warrant that I am physically fit and sufficiently trained to participate in the race and that my participation in the race and related activities is entirely of my own free will.
By signing here I warrant that I have read and understand the contents and meaning of the "Release and Waiver" and agree to be legally bound by all of its terms and conditions.

Participant's Signature_____

For Permit Holders under 18 years old and/or mentally or physically disabled:
As the undersigned parent and natural guardian of the participant, I attest and verify that the participant has my full consent to participate in the race and related activities, I warrant that I am the parent/natural or the duly appointed legal guardian, and I have read and clearly understand this "Release and Waiver" and agree to be legally bound by all of its terms and conditions.
Juvenile Signature_____

Parent or Guardian Signature_____