



8th Annual Blue Mountain Turkey Trot 5K Fun Run

“FILL THE PANTRY”

Hosted by the Onteora Runners Club

Start off a great day by walking, waddling, strutting, running, sprinting whatever you do best! This is a friendly gathering to shake our tail feathers and help support the Saugerties Food Pantry! All ages are welcome.

This is a “self timed” event. If you think you will need more than 60 minutes to finish, please feel free to start a little early.

WHEN: Thursday, November 22, 2018 (rain, sleet, snow, or shine)

GATHERING TIME: 8:15 AM - 8:55 AM

5K START TIME: 9:00 AM Sharp

DROP OFF TIME FOR PANTRY DONATIONS: 8:15 AM – 10:00 AM

WHERE: Grant D Morse School, 70 Harry Wells Rd., Saugerties, NY 12477

REGISTRATION FEE: None! We simply ask that you bring a donation for the Food Pantry.

SUGGESTED ITEMS FOR DONATION:

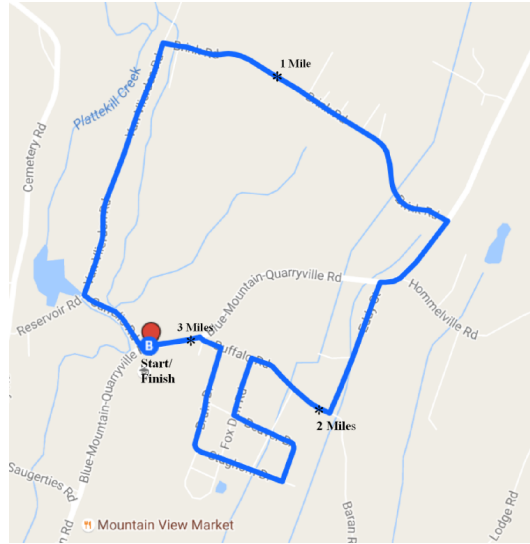
- Non-Perishable Food Items (canned vegetables, canned fruit, canned meats, cereal, pasta, coffee, non-refrigerated milk, etc)
- Toiletries (tooth paste, tooth brushes, toilet paper, shampoo, soap, razors, deodorant, feminine products, etc)
- Pet Food (dry dog good, canned dog food, cat food)
- Monetary Donations (*checks can be made out to ‘SAUGERTIES AREA COUNCIL OF CHURCHES’ – please note ‘food pantry’ on the memo line’*)

If you cannot attend the event but would still like to make a donation please contact us to arrange a suitable drop off time during the week prior to the event.

Theresa Baker
Home: (845) 246-0008
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Deb Domack
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COURSE:



NOTE: The following waiver will need to be signed the day of the event.

Waiver and Release

I know that participating in a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I 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 attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no 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 roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Onteora Runners Club, the Town of Saugerties, the Saugerties Central Schools, and the Road Runners Club of America, all event 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ **Date:** __/__/__

If Under the Age of 18 – Parent or Guardian Signature Needed

Parent/Guardian: _____ Date: __/__/__