



**Sea Colony
Turkey Trot 5k & 1 Mile Fun Walk**

Proceeds from this event benefit Special Olympics Delaware

Sunday, November 25, 2007

Start Time: 9 a.m. (registration begins at 7 a.m.)

Registration and race start will be at the Freeman Fitness Center.

The Fitness Center is located 1 mile west of Rt. 1 on Westway Drive.

Amenities: T-shirts to the first 150 participants. Post-race refreshments and award ceremony will follow at the Freeman Fitness Center.

5K Run Awards: Overall male and female winner.

Top 3 in five year age groups 10 and Up and Under 70.

Overall winner receives a trip to ResortQuest Hilton Head.

5K Fun Walk participants will receive a prize at the finish line.

For more information call or e-mail:

Amanda Savage, 302-539-4511, asavage@seacolonyrecreation.com

GENERAL INFORMATION (*Complete the following*)

Name: _____ Age: _____

Gender: _____

T-Shirt Size: _____

5K Run _____ 5K Fun Walk _____

Permanent Address: _____

Local Phone Number: _____

* E-mail Address: _____

HEALTH INFORMATION

Do you have any medical conditions that may limit your participation in this event or feel the director should know about? Please give details, including limitations and special precautions.

PAYMENT

\$ _____ (Please make checks payable to Sea Colony Recreational Association)

Mail to: Freeman Fitness Center

P.O. Box 480

Bethany Beach, DE 19930

* You will be receive a letter of confirmation via e-mail

\$15 Pre-registration Fee (envelope must be postmarked on or before November 16th)

\$20 Race Day Registration Fee

PARTICIPANT RELEASE FORM

Turkey Trot participant represents that he or she is in good physical condition and is able to participate in the above fitness program provided by the Sea Colony Recreational Association and ResortQuest Management. Turkey Trot participant fully understands and agrees that in participating in one or more of the activities, or using facilities maintained by the Sea Colony Recreational Association and ResortQuest Management, there is the possibility of accidental or other physical injury. The Sea Colony Recreational Association and ResortQuest Management personnel have no expertise in diagnosing, examining or treating medical conditions of any kind or in determining the effect of any specific physical activities on said medical condition. Participant further agrees to assume the risk of injury and to indemnify The Sea Colony Recreational Association, Freeman Fitness Center, ResortQuest Management and all affiliated persons and entities from any and all claims damages loss, injury of liability to the member, the guest or any third party as the result of the use by the member or his or her guest of the facilities and instructions offered by The Sea Colony Recreational Association.

Signature (Parent/Guardian)

Date