



Sometimes you eat the turkey . . .
Sometimes the turkey eats you!

**Thanksgiving Day
5K Race
Thur, Nov 24, 2005
8:30 AM
Lawrence, KS**



Location: 5K race on Kansas River levee. Check in at the Lawrence Visitors Center, North 2nd & Locust. The levee is a flat, hard-packed crushed rock surface. The run will be held regardless of weather.

Schedule:

Wed, Nov 23:

3 PM – 6 PM Registration/packet pickup at Francis Sporting Goods, 731 Massachusetts

Thur, Nov 24:

7:30 – 8:15 Registration/packet pickup at the Lawrence Visitors Center.

8:30 AM Start on levee, south of the Visitors Center

Awards: The first 200 runners registered will receive a pair of quality running socks. Awards will be given to the top three males and females in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Overall 1st place male & female receive a \$50 gift certificate from Francis Sporting Goods.

Awards ceremony approx. 30 minutes after race finish. Enjoy the homemade turkey cookies and other refreshments.

Safety message: baby strollers, headsets, motorized wheelchairs and pets will be prohibited on the racecourse.

For more information, contact Dee Boeck at 785-841-3587 or e-mail: deeboeck@sunflower.com.

Our sponsors include:
Francis Sporting Goods
Dillons
Great Harvest Bread Co
HyVee
The Community Mercantile
Art of Glass - Mary Klier



**Entry Form: Thanksgiving Day 5K
Nov 24, 2005**

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

E-mail: _____

Gender: M F Age on 11/24/05 _____

Entry fee: until Nov 21	\$12 or
after Nov 21 & on race day	\$15 \$ _____
if runLawrence member, discount	-\$5 \$ _____
<i>(entry fee non-refundable)</i>	
<u>runLawrence Annual Membership</u>	
(optional) \$20 single; \$25 family	\$ _____
Total	\$ _____

Mail to: runLawrence, Molly Wood, 1344 Strong, Lawrence, KS 66044. Checks payable to: runLawrence

WAIVER

I know that participating in a running race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to run the distances of the event. I agree to abide by any decision of a race official relative to safely completing the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of the weather, including temperature, snow, rain and ice, and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for the race, I, for myself and anyone entitled to act on my behalf, waive and release runLawrence, the City of Lawrence, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in this race even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures or any other recording of these events for any legitimate purpose.

Signature _____

Parent's signature if under 18

Date _____