



Timing by
Renaissance All Sports Athletic Club (RASAC)

Mail form & check or register online at
www.BulleRockTurkeyTrot.com



\$20 adult pre-registration fee includes long sleeve logo T-shirt, refreshments, and awards by age groups. Children 10 and under - \$10. Day of event registration will held between 8:00-9:00 a.m. at The Residents Club at Bulle Rock. Run/Walk starts promptly at 9 a.m. (warm-up at 8:45 a.m.)

Make checks payable to **HeartSmart**. Or pay by Paypal

Prizes awarded to first place male and female finishers in the following Age Categories

Youth: 14 and under **Adolescents:** age 15-19
Open: age 20-29 **Sub - Masters:** age 30 to 39
Masters: age 40 – 49 **Veterans:** age 50 to 59

Seniors: age 60 plus
Additionally, one award will be given each to the youngest and the oldest Turkey Trot participant

REFRESHMENTS PROVIDED / GOODIE BAGS TO ALL PATICIPANTS
Well-marked paved and trail paths along Residences at Bulle Rock and Bulle Rock Golf Course. Course monitors located along the Run/Walk route.

Bulle Rock Turkey Trot will be held rain or shine. No refunds. For more information, please call Kathy Harper at 410-939 8700. Email info@heartsmartfoundation.org

PROCEEDS WILL BE USED TO PURCHASE MUCH NEEDED EQUIPMENT FOR SUSQUEHANNA HOSE COMPANY

SPONSORED BY:

The Residences at Bulle Rock
Chesapeake Food Works,
Bill Bateman's, CAM Group
Comcast
WXYC 103.7 FM
Harford Cable Network
Clark Turner Signature Homes
D R Horton, NV Homes
Ryland Homes

Bulle Rock Golf Course, Merrick Towle Communications
MRA/GTA, Allied Waste, Brickman Group
Allsigns

2009 REGISTRATION FORM
Thursday, Nov. 26, 2009
THANKSGIVING DAY
3rd Annual Turkey Trot
5K Run/Walk

To benefit, *Susquehanna Hose Company*

3rd Annual Bulle Rock Turkey Trot 5K Run/Walk • Thanksgiving Day• Thursday, Nov 26, 2009
Registration 8:00 am • Race Start 9:00 am • Bulle Rock Residents' Club (rain or shine)

Each entrant must complete a registration form • Copies accepted • Please print

First Name _____ MI _____ Last Name _____
Telephone: Day _____ Evening _____ Cell _____
Street _____ City _____ State _____ Zip _____
E-mail _____ Age (on race day) _____ Male _____ Female _____

Runner: \$20 _____ Pre-registration fee \$25 _____ Race Day fee Shirt size S ___ M ___ L ___ XL ___ XXL ___
Runner (10 & under): \$10 _____ Pre-registration fee \$15 _____ Race Day fee Shirt size S ___ M ___ L ___ XL ___ XXL ___

Walker: \$20 _____ Pre-registration fee \$25 _____ Race Day fee Shirt size S ___ M ___ L ___ XL ___ XXL ___
Walker (10 & under): \$10 _____ Pre-registration fee \$15 _____ Race Day fee Shirt size S ___ M ___ L ___ XL ___ XXL ___

Donation: \$ _____ Amount enclosed.

I cannot attend but would like to support HeartSmart and The Susquehanna Hose Company, non-profit organizations.

Waiver and Release: (Each participant must read and sign below) I, the undersigned, agree to indemnify and hold harmless HeartSmart and Bulle Rock from all cost, expense and liability arising out of my or my child's participation in this event to benefit HeartSmart and The Susquehanna Hose Company. I do hereby waive all claims for damage or loss to me or my child's person or property which may be caused by any act or failure to act, by HeartSmart's and Bulle Rock's officers, agents or employees arising directly or indirectly from my or my child's participation in this event and I hereby assume liability for any loss, damage or other liability from such event. **Important! Participants under age 18 must have this form signed by a parent or legal guardian.**

Signature _____ Date _____

Entrant or parent if registrant is under 18

Complete all information above and return with check payable to **HeartSmart** to:

HeartSmart, c/o Bulle Rock Residents' Club 1200 Bulle Rock Parkway Havre de Grace, Maryland 21078 410 939 8700 Email info@HeartSmartFoundation.org

Paid: Cash _____ Check # _____ Paypal _____ Total Amount Paid _____