

# FOURTH ANNUAL BULLE ROCK TURKEY TROT



**To Benefit the  
Susquehanna Hose Company**  
Organized by HeartSmartFoundation.org

## SPONSORED BY:

*The Residences at Bulle Rock*  
*Allied Waste Services, Allsigns, Bill Bateman's Brickman Group*  
*Bulle Rock Golf Course, Citybiz List*  
*CityPeek Chesapeake Food Works, Comcast*  
*Harford Cable Network, Michael S. Elder Attorney*  
*Modern Babies and Children Magazine, MRA/GTA*  
*WXCX 103.7 FM, Wedding 411 On Demand*  
*Clark Turner Signature Homes, D R Horton, Liberty Homes*  
*NV Homes, Ryan Homes Ryland Homes, Williamsburg Homes*  
*Zalco Property Management*

**2010 REGISTRATION FORM**  
**Thursday, Nov. 25, 2010**  
**THANKSGIVING DAY**

*To benefit, **Susquehanna Hose Company***

## 4th Annual Turkey Trot 5K Run/Walk

Timing by  
Renaissance All Sports Athletic Club (RASAC)

Mail form & check or register online at  
[www.BulleRockTurkeyTrot.com](http://www.BulleRockTurkeyTrot.com)



Pre-registration prior to event - \$25 for adults, \$15 for children 10 and under - includes long sleeve T-shirt for first 300 registrants, refreshments, and awards by age groups.

**Pre-registration is available until 5 p.m., Monday, November 22, 2010.**

Registration on event day - \$30 for adults, \$20 for children 10 and under. Registration begins at 8 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.

Overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners (male and female) will receive a prize. Additional prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place male and female finishers in the age brackets below. An award will also be given to the youngest and oldest participant.

<b>10 and under</b>	<b>30 to 39</b>
<b>11 to 14</b>	<b>40 to 49</b>
<b>15 to 19</b>	<b>50 to 59</b>
<b>20 to 29</b>	<b>60 and over</b>

**REFRESHMENTS PROVIDED TO ALL PATICIPANTS**  
 Route will follow well- marked paved roads and trail paths through The Residences at Bulle Rock and Bulle Rock Golf Course. There will be course monitors located along the Run/Walk route.

B.R. Turkey Trot is rain or shine. No refunds. Limit of 500 participants. For more information, please contact Kathy Harper at 410.939.8700 [kharp@bullerock.com](mailto:kharp@bullerock.com) or [info@heartsmartfoundation.org](mailto:info@heartsmartfoundation.org)

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

### 4th Annual Bulle Rock Turkey Trot 5K Run/Walk • Thanksgiving Day • Thursday, Nov 25, 2010 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:** \$25 \_\_\_\_\_ Pre-registration fee \$35 \_\_\_\_\_ Race Day fee Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

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

**Walker:** \$25 \_\_\_\_\_ Pre-registration fee \$35 \_\_\_\_\_ Race Day fee Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**Walker (10 & under):** \$15 \_\_\_\_\_ Pre-registration fee \$25 \_\_\_\_\_ 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](mailto:info@HeartSmartFoundation.org)**

Paid: Cash \_\_\_\_\_ Check # \_\_\_\_\_ PayPal \_\_\_\_\_ Total Amount Paid \_\_\_\_\_