



Online Registration Form

**Mail payment & registration by
Nov. 15 to:**

**SRMC Foundation
P.O. Box 992320
Redding, CA 96009-2320**

Make Checks payable to SRMC Foundation

**In person payment & registration
by Nov. 15 to:**

**Shasta Regional Medical Center
1100 Butte Street in Redding**

**Shasta Family YMCA
1155 Court Street in Redding**

Last Name _____ First Name _____

Address _____

City _____ St _____ Zip _____ Telephone Number _____

Sex M _____ F _____ Age _____ E-mail Address _____

Turkey Trot Entry Fees

- | | | |
|--|------------------------|--|
| <input type="checkbox"/> 2 Mile Fun Run / Walk | With Sweatshirt | \$35.00*
<i>(*Add \$2 for XXL & XXXL sweatshirt or \$37 total)</i> |
| <input type="checkbox"/> 2 Mile Fun Run /Walk | No Sweatshirt | \$15.00 |
| <input type="checkbox"/> 6 Mile Run | With Sweatshirt | \$35.00*
<i>(*Add \$2 for XXL & XXXL sweatshirt or \$37 total)</i> |
| <input type="checkbox"/> 6 Mile Run | No Sweatshirt | \$15.00 |
| <input type="checkbox"/> Kids Diestelhorst Dash <i>(8 Years and younger)</i>
<i>*You must register your child prior to race day</i> | | *FREE |
| <input type="checkbox"/> Children Sweatshirt | | \$15.00 |

Adult Sweatshirt:
You must register by Nov. 15 to get a sweatshirt

Sm ___ Med ___ LG ___ XL ___ XXL ___ XXXL ___
No Sweatshirt ___

Child Sweatshirt Size:

Sm ___ Med ___ LG ___ XL ___
No Sweatshirt ___

Waiver: Must be signed by each participant.
In consideration of you accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations affiliated with this event, for any and all injuries suffered by me while traveling to or from or while participating in the annual Shasta Regional Medical Center Foundation Turkey Trot, November 24, 2011. I further attest that I am physically fit and have sufficiently trained for the completion in this event.

Signature: _____

The Turkey Trot promotes health & fitness and encourages family fun that builds a stronger community! All proceeds from the 2011 Turkey Trot will be donated to the following local non-profits:
• Plus ONE Mentors • Shasta Family YMCA • Shasta Family Justice Center
• Girls on the Run • Redding Recreation