



5 K/10K Turkey Trot / 1 Mile Dog Jog

36th Annual

SATURDAY, NOVEMBER 18, 2023

Hosted by: Sanford Parks and Rec

\$50 Hannaford Gift Cards for 1st place M & F (5K) and \$25 Hannaford Gift Cards 2nd place M & F (5K)

\$25 Hanny Gift Card for 1st place M & F (10K) \$15 to 2nd place M & F 10K

Distance 5K 10K or 1 mile (Leashed Dogs welcome for 1-mile event only)

Date and Time * Saturday, November 18, 2023. Event starts at 9:00am

Location * Meet at the Memorial Gym, 678 Main St. at 8:15am for check-in

Entry Fee * \$20 pre-pay, \$25 day of race (\$5 Sanford Student)

Plus * water, fruit, munchies, timing clock, results forwarded to area media. www.sanfordrec.com

The course can be found on our web site. The event will begin in front of Pride Elementary, on to the serene Mousam trail and end back at the Gym.

Register early and save - www.sanfordrec.com. Fun Raffle Prizes

1 Mile Dog Jogs will be entered into a raffle for a \$15 gift card. Dog walkers, please bring clean-up kit. The 1 Mile race is not timed and Dogs are not required to enter.



2023 REGISTRATION FORM

Name _____ Sex _____

Address _____ Town _____

State _____ Zip _____ Phone # _____

Date of Birth _____ Age on Race Day _____ 5 K ___ 10K ___ 1 Mile ___

***Please indicate age and division for 5K and 10K race only - Circle one.**

Coed Division - 12 and under _____

_____ 13-17 Only \$5 for Sanford Student) _____ 13-17

_____ 18-29 _____ 18-29

Male _____ 30-39 Female _____ 30-39

Division _____ 40-49 Division _____ 40-49

_____ 50-59 _____ 50-59

_____ 60 & Great Grand _____ 60 & Great Grand

Masters Masters

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representatives, successors and assigns, for any and all injuries suffered by me at said event.

Signature: _____ Date _____

(Parent or guardian if under 18)

Make checks payable to: City of Sanford Parks & Rec Dept

Phone: 324-9130 919 Main St., Sanford, ME 04073

