



# 12th Annual Turkey Trot 5K Race and 1 Mile Run/Walk

**November 23, 2023**

8:00 AM 5K and 1 Mile Races

Earn your pie and give to your community! Run or walk with family and friends this Thanksgiving. All proceeds go to those who cannot afford Y memberships or programs. Kids, adults, families, and individuals of all fitness levels are welcome.

Pre-register online at  
**[www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)**  
on or before November 12 and Save



## Race Fees:

By Nov. 12th	1Mile W/Shirt	\$30
	5K W/Shirt	\$35
By Nov. 22nd	1Mile No Shirt	\$25
	5K No Shirt	\$30
Race Day	1Mile No Shirt	\$30
	5K No Shirt	\$35

\*Add \$3 for Long Sleeve

Register as a Family of 3 or More and  
save \$5 per person

Thanks to our sponsors:



Ben Phillips, MD  
Internal Medicine and Pediatrics  
GRAHAM  
MEDICAL GROUP  
Affiliated with Graham Health System



## 12TH ANNUAL TURKEY TROT 5K & 1MILE RACE REGISTRATION (PRE-REGISTER BY NOV. 13)

NAME(LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ Zip \_\_\_\_\_

RACE: 1M 5K EMAIL: \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

SHIRT SIZE: Y-S Y-M Y-L S M L XL XXL XXXL SHORT +\$0 LONG +\$3

EMERGENCY CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

**WAIVER:** I HEREBY WAIVE ALL CLAIMS AGAINST the Canton Family YMCA, the City of Canton, sponsors, and any individuals associated with the event for any and all accidents or injuries incurred by me at this event. I attest that I am healthy and physically able to participate and that I am 18 years or older, or have a legal guardian's consent. I grant permission to use photos, video recordings, or records of myself by the Canton Family YMCA.

Signature \_\_\_\_\_ Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_