

East Farms Elementary/Panther Tracks Running Club Turkey Trot Family Fun Run & Pancake Breakfast

Saturday, November 21st, 2009 3 Mile or 1 Mile Run

TIME: 9:00 a.m. **CHECK-IN:** and late registration 8a.m. **No t-shirts to late registrations** **PLACE:** Mt. View Middle School

ENTRY FEE: \$5.00 individual/\$25 family, T-Shirts/\$12 Each **Late Registration:** after Nov. 11 **Course:** flat paved roads

AWARDS: Places only, no times. Turkey to winner of 3 Mile; Ribbons, prize drawings. Must be present to win.

PANCAKE BREAKFAST: After races, about 9:30AM@Mountain View Middle School-\$5.00 per individual/\$25 family

PROCEEDS FROM TROT GO TO PANTHER TRACKS RUNNING CLUB & EAST FARMS PTSA
PROCEEDS FROM BREAKFAST GO TO MOUNTAIN VIEW PARENT GROUP

-----**ENTRY FORM-PLEASE PRINT CLEARLY**-----

Mail Entries To: Lynette Romney 25505 E. Central, Newman Lake, WA 99025

Checks Payable to: East Farms PTSA or Mountain View Parents - Questions? Call Lynette 226-3921

Multiple entries may be paid by one check. Staple check and all entries together.

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Distance (circle one): 3 Mile 1 Mile T-Shirt size: S M L XL XXL

Non-refundable fee enclosed \$ _____ run \$ _____ T-Shirt \$ _____ breakfast \$ _____ TOTAL

Please read and sign: In consideration of acceptance of my entry, I do hereby, for myself, my heirs, and my executors and administrators waive, release and forever discharge any and all sponsors and their officers, agents and assigns, from any and all liability arising from illness, injuries, or damages I may suffer as a result of my participation in this race. Realizing the dangers of using headphones, I agree not to use them. **ENTRY NOT VALID WITHOUT SIGNATURE!**

Signature _____ Date _____

If participant is under 18, waiver must be signed by parent or legal guardian.