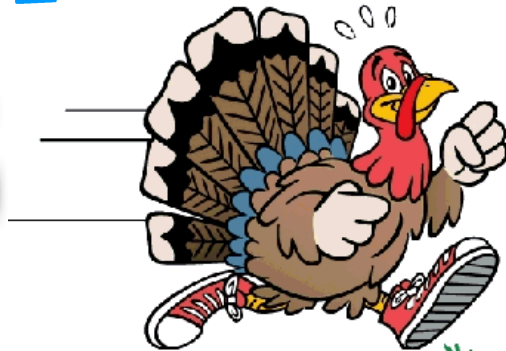


Upper Valley



November 27, 2014

**Smith Park
Rexburg, Id**

8:00 AM

Get a T-shirt and free Car Wash from Ray's.

Bring Canned Food – The most canned food wins a Pair of Shoes from Bill's Bike and Run.

Winners receive gift cards to Ray's.



TURKEY TROT

Name _____ Race 5k(\$20) or 1 Mile (\$15)

Gender _____ Age _____ T-Shirt Size _____ Phone# _____

City _____ State _____

Waiver: Participant Waiver for Race Registration I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Upper Valley Turkey Trot, and the Race Organizing Committee. Along with, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____