

# TURTLE TROT WALK-RUN

Saturday, July 8, 2017

Race Start 9 AM [same day registration begins at 7:30 am]

PROCEEDS OF THE RACE TO GO TO LOUISVILLE VOLUNTEER FIRE DEPARTMENT

Start & Finish: Whalen Park. Located 1.5 miles west of the Massena Country Club on State Route 131. Race course is a **3.4** mile flat, fast, scenic route along the beautiful St. Lawrence River.

Entry Fee: Registration Fee: \$20 adult; \$6 children under 12 yrs. old

**Note:** Due to liability issues, only registered runners- walkers may participate; substitutions are not permitted. The registration fee is not refundable.

**Make checks payable to Wilson Hill Association**

Mail Check to: Nancy W. Foster  
4 Butternut Ridge  
Massena, NY 13662

Race Information: Email: [nlfoster@twcny.rr.com](mailto:nlfoster@twcny.rr.com)  
Phone: (315) 764-1289

**Circle T-shirt size:** (limited # and sizes avail. - must register by June 9 to guarantee t-shirt size)

Youth: Sm. Med Large  
Adults: Sm. Med Large XL

## AMENITIES

- T-shirts to 1<sup>st</sup> 150 participants
- Awards: 1<sup>st</sup> place male/female per age group  
15 & under; 16-29; 30-39; 40-49;  
50-59; 60-69; 70+
- Door Prizes / raffle / silent auction
- Whalen Park has tennis court, basketball court, playground
- Kayak/canoe launch
- Bathroom facilities
- Route marshaled & well marked
- Cups of drinking water provided en route
- Light post race refreshments

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

TOWN/CITY: \_\_\_\_\_

ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

I know that running or walking a road race is potentially a hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relating to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to; falls, contact with other participants, effects of the weather, as well as traffic and the condition of the roads. I understand that this is not a closed course to automobiles or any recreational type vehicle. Having read the preceding and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Town of Louisville, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence on the part of the persons names and described in this waiver.

Signature and date: \_\_\_\_\_

Parent's signature if applicant under 18: \_\_\_\_\_