

TURTLE TROT WALK-RUN

Saturday, July 13, 2019

Race Start **10 AM** [same day registration begins at **8:30 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 11 years old & under.

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 the Wilson Hill Association

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

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

Circle T-shirt size: (limited # and sizes avail. - must register by June 15 to guarantee t-shirt size)

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

AMENITIES

- T-shirts to 1st 125 participants
- Awards: 1st 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: _____ SEX _____ AGE: _____

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: _____ DATE: _____

Parent's signature if applicant under 18: _____