

Join 2000+ runners for the BEST DASH on the West Side!

FREE PARKING, EASY IN-AN-OUT TO GET HOME TO BASTE THE TURKEY!

15th Annual Turkey Dash • 5k Run/Walk
Thanksgiving Morning • Thursday, November 22, 2018 9:00 am • Avon High School

Benefiting: The Karen P. Nakon Breast Cancer Foundation
Where: Avon High School • 37545 Detroit Road, Avon, OH –
FREE PARKING easy in and out after the run!
Course: Start and Finish at Avon High School –CHIP Timed - flat loop
through neighborhoods
Race Course Certification code: OH 08051 PR
Entry Fee: Adults \$30.00 • Children (12 and under) \$25.00
After 11/12 - Late Registration: \$35.00 for all ages
T-shirts: Register early to receive a t-shirt.
Awards: Presented to: top 3 male and top 3 female overall 5K finishers
and top 3 5K finishers in each M/F age division:
9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, etc. through 80+
Information: www.nakonfoundation.org
Email: info@nakonfoundation.org
Phone: 440-933-7621



REGISTER ONLINE AT WWW.NAKONFOUNDATION.ORG

Packet Pick-Up and LATE Registration at Avon High School
Wednesday, November 21st from 5:00-7:00 pm.
Race Day Registration/Package Pick-Up: 7:30 a.m. – 8:45 a.m.

Coffee, water, fruit, and a
piece of pumpkin pie to all
participants!

Register on-line at www.nakonfoundation.org or return registration / donation with your check made payable to:
Nakon Foundation | 35765 Chester Road | Avon, OH 44011



Name _____

Address _____

City _____ State _____ Zip _____

Email (required for race updates) _____

Phone _____

Can't make the run but here's my donation: _____

Male Female Age: _____

T-shirt Size:

Youth Medium Adult L
 Adult XS Adult XL
 Adult S Adult XXL
 Adult M

In consideration for the acceptance of my application to participate, I do hereby, fully forever waive, release and discharge myself, my estate, heirs, executor and assigns the City of Avon, The Nakon Foundation and their respective trustees, officers, administrators, employees, agents and volunteers and all other persons and entities involved in the organization, planning or supervision of the 5k race from any claims, losses or damages whatsoever, including any and all personal injuries, damages to health or any other damages arising directly or indirectly from my participation in the race or race-related activities whether said losses, damages or claims are caused directly or indirectly by or related to a known or unknown risk of hazard and whether they are caused by a negligent acts or acts, regardless of the degree of negligence.

I warrant that I am physically fit and sufficiently trained to participate in the race and that my participation in the race and related activities is entirely of my own free will.

By signing here I warrant that I have read and understand the contents and meaning of the "Release and Waiver" and agree to be legally bound by all of its terms and conditions.

Participant's Signature _____

For Permit Holders under 18 years old and/or mentally or physically disabled:
As the undersigned parent and natural guardian of the participant, I attest and verify that the participant has my full consent to participate in the race and related activities, I warrant that I am the parent/natural or the duly appointed legal guardian, and I have read and clearly understand this "Release and Waiver" and agree to be legally bound by all of its terms and conditions.

Juvenile Signature _____

Parent or Guardian Signature _____