

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

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

Dog Friendly Race...all dogs must be on a leash.

16th Annual Turkey Dash 5k Run/Walk

Thanksgiving Morning | Thursday, November 28, 2019 | 9:00 a.m. | Avon High School



Benefiting: The Karen P. Nakon Breast Cancer Foundation
Where: Avon High School ~ 37545 Detroit Road, Avon, OH
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 11/18 - Late Registration: \$35.00 for all ages
T-shirts: Register early to receive a FREE long sleeve ¼ zip tech 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, ...70-74, 75-79, 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 27th from 5:00 -7:00 p.m.
Race Day Registration/Packet Pick-Up 7:30 a.m. – 8:45 a.m.

Coffee, hot chocolate, 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 _____

Every dollar makes a difference. Just \$50 covers the average monthly electric bill for a patient's apartment. \$150 covers a week of day care for a mom in treatment. \$300 covers a month of transportation back and forth to doctor's appointments.

Can't make the run or just want to give a little more: \$ _____

Male
 Female
Age: _____

T-Shirt Size:

Youth M 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 _____