



# 6<sup>th</sup> Annual Turkey Dash 5k Run/Walk Thanksgiving Morning Thursday, November 26, 2009 9:00 am 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 –flat loop through neighboring developments  
**Race Course Certification code:** OH 08051 PR  
**Entry Fee:** Adults 20.00 ~ Children (12 and under) \$16.00  
After 11/16 - Late Registration: \$22.00 for all ages  
Register early to receive a FREE t-shirt. Limited number available  
**T-shirts:** Presented to top male and female overall 5K finishers and top 3 5K finishers in each age division  
**Awards:** Presented to top male and female overall 5K finishers and top 3 5K finishers in each age division  
**Information:** [www.nakonfoundation.org](http://www.nakonfoundation.org) Email: [info@nakonfoundation.org](mailto:info@nakonfoundation.org) Phone: 440-933-7621

**REGISTER ON LINE AT [www.NakonFoundation.org](http://www.NakonFoundation.org)**

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

**Pre-Registration, Presale Raffle, and Packet Pick-up at Avon High School  
Wednesday, November 25<sup>th</sup> from 5:00-8:00 pm.  
Race Day Registration opens at 7:30 a.m.**

Register on-line at [www.nakonfoundation.org](http://www.nakonfoundation.org) or

Return registration / donation with your check made payable to: **Nakon Foundation**  
35765 Chester Road  
Avon, OH 44011

Name \_\_\_\_\_

Male  Walking

Female  Running

Age \_\_\_\_\_

Address \_\_\_\_\_

Shirt Size: S M L XL

Circle One - Quantity Limited

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email (required for confirmation and race updates) \_\_\_\_\_

Can't make the run but here's my donation \$ \_\_\_\_\_



In consideration for the acceptance of my application to participate in The Karen P. Nakon Breast Cancer Foundation 5k Race/Walk, 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 \_\_\_\_\_