

Ekonk Hill Turkey Farm

presents the 5th annual:

TURKEY CAN CAN

5K Road Race & 2 Mile Walk

Saturday, November 22, 2014

Ekonk Hill Turkey Farm,
86 Ekonk Hill Rd, Sterling, CT

Time: 10 AM. Registration from 8:30 AM.

Entry: \$20 plus a non-perishable food donation.

T-shirts: First 50 registered

Awards: First 3 finishers; U-19; 20-29 30-39; 40-49; 50-59; 60-69; 70+

169 Society
welcome!



In aid of
Project Pin,
the Plainfield &
Sterling
Food Pantry

+ Mail form and check to: The First Mile, PO BOX 1303, Glastonbury, CT 06033.

Name:

Address:

Phone:

Email:

Sex: M F

T-shirt size: S M L

Run or walk to support a great cause this holiday season! Don't forget your food donation on the day.

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release First Mile, LLC, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, and the Town of Sterling, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
(Parent or guardian if under 18)

Race #