

Registration Form

For a family registration form, please e-mail ccottrell@kidsfirstinc.org

Name: _____
(First) (Last)

Address _____

E-mail _____

Phone # _____

Age on 11/24/12: _____ Gender: M F

T-shirt size (5K only- adult sizes): S M L XL XXL

I / my child would like to....

- Participate in the 5K
- Participate in the "Gobble Wobble" Mile
- Participate in the Diaper Dash (by donation)
- Participate in the Tot Trot (by donation)
- Volunteer

Registration fees enclosed: \$ _____

Additional donation to Kids First, Inc. \$ _____

Total Enclosed: \$ _____

Please make checks payable to: Kids First, Inc. and mail with this Registration Form and Registration Waiver to:

Kids First, Inc.
 P.O. Box 23,
 Elizabeth City, NC 27907

Questions? Contact Race Director Courtney Cottrell at (252)338-5658 or e-mail ccottrell@kidsfirstinc.org

Online 5K registration also available at www.runtheeast.com

Registration Waiver

Read & Sign Registration Form Waiver:

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate 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 this race. I assume all risks associated with participating in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, high heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver 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 race organizers, its directors, officers and staff; Run the East; the City of Elizabeth City and its employees; and 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 person named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I acknowledge that all registration fees are not refundable for any reason including inclement weather.

Printed Name: _____

Signature: _____

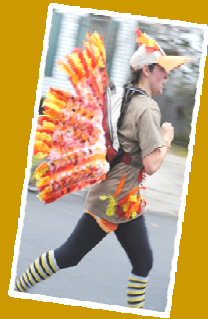
Guardian Signature (if under 18): _____

Printed name of Guardian: _____

Date: _____

SAFETY INFORMATION:

- ◆ This event is rain or shine, please dress accordingly. Light layers are recommended.
- ◆ Well-behaved dogs on leash are permitted.
- ◆ Strollers are permitted.
- ◆ Headphones are strongly discouraged for your safety.
- ◆ Children must be accompanied on the course by an adult at all times.



Turkey Trot 5K Run/Walk & "Gobble Wobble" Family Fun Mile

NEW: Diaper Dash & "Tot Trot"

Sat., November 24th
Waterfront Park
Elizabeth City

5K Run/Walk: 9am
 Diaper Dash & Tot Trot: 10am
 Family Fun Mile: 10:30am



Sponsored by:



Jason A. Banks, DDS, PA
 More Cars. Great People.

Attorney Frank P. Hiner

Why Run?



All proceeds from this event will benefit **Kids First, Inc. Child Abuse Treatment Center**, a nonprofit agency which serves

over 200 abused children each year in Northeastern North Carolina. Kids First provides therapy services, forensic interviews, medical evaluations, and advocacy services for children who have been victims of sexual abuse, physical abuse, or witness to domestic violence. Our mission is to provide “*Help, Healing, & Hope*” to these children at our child-friendly center located in Elizabeth City. We are a nationally-accredited child advocacy center, having met an extremely rigorous set of standards to insure that we excel in all that we do.

Local kids need YOU! You can make a difference in the life of an abused child by joining the Kids First Alliance! Your monthly donation, which can start at the cost of a cup of coffee, will support the healing process of an abused child through services at Kids First. To learn more about the Alliance, or other ways you can get involved in the fight against child abuse in our community, please visit:

www.kidsfirstinc.org



Event Details



Entry Fees: 5K- \$20 if postmarked or received online by Nov. 16th. \$25 afterwards, including raceday. “Gobble Wobble” is \$5 for all participants ages 5+ (kids under 5 are free). 5K participants may join in the “Gobble Wobble” at no extra charge. The Tot Trot & Diaper Dash entry fee is a donation of your choosing to Kids First, Inc.

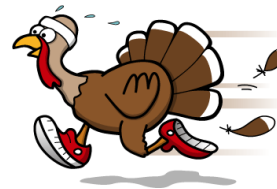
Registration fees are nonrefundable.

Online 5K Registration: visit www.runtheeast.com (Additional registration fees will apply)

T-shirts are guaranteed to *preregistered* 5K participants *only*. A limited number of t-shirts will be available for purchase on raceday for \$10.

Awards: will be given to the top 3 male and female 5K finishers overall and in the following age categories: under 18, 18-29, 30-44, 45-59, and 60+. All children who complete the “Gobble Wobble” Family Fun Mile will receive a prize.

Timing: 5K scoring provided by Run The East. Results will be posted shortly after the last finishers, and online at www.runtheeast.com



Diaper Dash: Open to infants of crawling age. “Heats” will be instituted if necessary, and the top three dashers will win goodie bags!

Tot Trot: For children under age 5, this event will consist of an untimed, just-for-fun lap around Waterfront Park. All participants will receive a small prize.

Race Day Info.

FESTIVE ATTIRE STRONGLY ENCOURAGED!

Course: Both courses begin on Water St. The 5K is a USATF-certified, partially shaded, flat course that loops through the Riverside Ave. area. The “Gobble Wobble” is an out-and-back course. The “Diaper Dash” & “Tot Trot” take place inside Waterfront Park.

Parking: is available at Waterfront Park and Charles Creek Park, as well as a public parking lot between Church and Ehringhaus Streets.



SCHEDULE OF EVENTS:

5K Packet Pick-Up & Registration: 8:00-8:30am

5K Start: 9:00am

5K Awards: 9:45am

Gobble Wobble, Tot Trot, & Diaper Dash Registration/Check-in: 9:30-10:00am

Diaper Dash Start: 10:00am

Tot Trot Start: 10:15am

“Gobble Wobble” Family Fun Mile Start: 10:30am