

TURKEY 20 TROT

10TH ANNUAL HAGERSTOWN COMMUNITY COLLEGE 5K
RUN/WALK/KIDS RACES & FOOD DRIVE

5K RUN/WALK

MILE MARKER ENTERTAINMENT REFRESHMENTS

HAWK MOUNTAIN HECKLERS

MASHED POTATO RACES

TURKEY MUSIC

Detach Registration and Mail with Fee to:
HCC Athletics
ATTN: Jaime Dick
11400 Robinwood Dr.
Hagerstown, MD 21742



FOOD DRIVE



FOOD RESOURCES

WWW.FOODRESOURCES.ORG

Again this year Hagerstown Community College Women's Softball Team and the Men's and Women's Track & Field Teams are proud to announce a partnership with Food Resources, Inc. All Turkey Trot Participants are asked to bring a few canned/nonperishable goods with them on Thanksgiving Morning. The items will be donated to the Community Food Bank Warehouse. A goal of 2 TONS has been set. For every food item donated you will receive a ticket to be entered into your choice of 5 grand prize drawing options. We will also exchange prize drawing tickets for canned food items at the Health, Sports, & Fitness Expo. So please, think of those in need during the holiday season and help us reach our goal. For more information regarding Food Resources, Inc. or to make a monetary donation, please visit their website. Thank you for your support and contribu-

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THANKSGIVING DAY 2010 VISIT WWW.HAGERSTOWNCC.EDU
THURSDAY HAGERSTOWN
COMMUNITY COLLEGE
NOV. 25th, 2010 11400 ROBINWOOD DR.
RACE STARTS AT 9:00AM HAGERSTOWN, MD 21742

KIDS MASHED POTATO KIDS RACES 8:30am

FEE \$20 / \$25 / \$10
PRE-REGISTER RECEIVED BY 11-24-10 RACE DAY RECEIVED ON 11-25-10 MASHED POTATO KIDS RACES RECEIVED BY 11-24-10 DAY OF RACE \$13

TURKEY PRIZES | T-SHIRT | PRIZE DRAWINGS | FOOD DRIVE

EVENT: HCC'S 10TH ANNUAL TURKEY TROT 5K RUN/WALK

DATE: Thanksgiving Morning - November 25, 2010

LOCATION: Hagerstown Community College ARCC Arena (11400 Robinwood Dr. Hagerstown, MD)

5K COURSE: This 3.1 mile loop course runs entirely on HCC's campus. The course will be closed to traffic from 8:50 a.m. until the end of the race.

PARKING: Parking will be in the Parking Lots in front of the ARCC. Please do not park on the side or the rear of the ARCC arena.

MASHED POTATO KIDS RACES: For ages 2-10yr, this special event will begin at 8:30 a.m. The Kids Races will start just outside the back of the ARCC arena and finish inside the arena. Mashed Potato racers will run one heat. All ages will run the same distance. All participants will receive a medal.

HEALTH, SPORTS & FITNESS EXPO 2010/PACKET PICK-UP: Held at Hagerstown Community College's ARCC Arena on Wednesday, November 24, 2010 12:00pm-6:00pm – The day before the 10th Annual Turkey Trot.

TIMES: Pre-Registration/Packet Pick up November 24, 2010 12:00pm-6:00pm.
Race Day Registration/Packet Pick up November 25, 2010 7:00 a.m. – 8:45 a.m.
Mashed Potato Races- Start promptly at 8:30 a.m.
Turkey Trot 5k Run/Walk – Starts promptly at 9:00 a.m.

FEES: 5k Run/Walk
FEE: \$20 Registrations received by 11-24-10
FEE: \$25 Race Day Registration 11-25-10

FEES: Mashed Potato Races (For ages 2yr - 10yr)
FEE: \$10 Registrations received by 11-24-10
FEE: \$13 Race Day Registration 11-25-10

SHIRTS: Turkey Trot 5k Run/Walk: First 700 registrants are guaranteed a t-shirt
Mashed Potato Races-First 100 registrants are guaranteed a t-shirt

AWARDS: Turkeys will be given to the overall male and female champions as well as each male and female age group winner. Also a special award will be given to the Washington County High School Cross Country/Track team with the most participants. Award ceremony will begin at the conclusion of the race, approximately 10:00 a.m.

PRIZES: All 5K Participants will be entered into our prize drawings. Drawings will be held during the race. Winners will be posted prior to the award ceremony.

QUESTIONS: Contact Jaime Dick, HCC Assistant X-Country Coach
phone: 240-313-2808 email: jdick@washco-md.net

FIND INFORMATION AND REGISTER AT www.hagerstowncc.edu

DO NOT MAIL REGISTRATIONS AFTER 11/20/10



NEW THIS YEAR!

**HEALTH, SPORTS, & FITNESS EXPO 2010/
TURKEY TROT RACE PACKET PICK-UP**

Held at Hagerstown Community College's ARCC Arena on Wednesday, November 24, 2010 12:00pm-6:00pm – The day before the 10th Annual Turkey Trot

Presented by Hagerstown Community College, The Washington County Recreation Department and the Herald-Mail Company.

The Expo will host many local business and services related to the Health, Sports, & Fitness industries. The Expo will precede HCC's 10th Annual Turkey Trot 5k Run/Walk on Thanksgiving morning.

The Expo is FREE to the public and HCC Turkey Trot Race participants. Turkey Trot Race participants are strongly encouraged to use the Health, Sports, & Fitness Expo as an opportunity to pick up their race-day packets. Turkey Trot Registrations will be accepted at the Expo. Canned Food Donations will also be collected at the Expo in coordination with the Turkey Trot Food Drive. All Expo attendees will receive a free Herald-Mail Newspaper.

Visit www.hagerstowncc.edu for more information on the 2010 Health, Sports & Fitness Expo and HCC's 10th Annual Turkey Trot 5k run/walk.



**CREDIT CARD PAYMENT
ACCEPTED ONLINE-REGISTER AND PAY @
WWW.HAGERSTOWNCC.EDU**



All proceeds benefit Hagerstown Community College's Men and Women's Track and Field Teams and the Women's Softball Team.

All canned goods will benefit Washington County Food Resources, Inc.

HCC TURKEY TROT

REGISTRATION FORM

(Please detach and send in one form per person please)

PLEASE PRINT NEATLY

Registering For: _____ 5k Run/Walk _____ Mashed Potato

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Gender: _____

Phone: () _____

Email: _____

Date of Birth: ____/____/____

Age on 11/25/2010: _____

T-shirt Size (Circle One)
Y-S Y-M Y-L A-S A-M A-L A-XL A-XXL

Y-Refers to Youth Sizes; A-Refers to Adult Sizes

Select Age Group:
19under____(Name of Highschool): _____

20-29 _____ 30-39 _____ 40-49 _____

50-59 _____ 60-69 _____ 70over _____

RELEASE & CONSENT FORM: In consideration of the acceptance of my entry/my child's entry, I for myself or my child, our executors, administrators, and assignees...do hereby release and discharge the organizers of this race and all other sponsors and organizers of all claims and damages, actions, whatsoever in any manner arising out of my/my child's participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am/my child is physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permission to any all of the foregoing use to use my/my child's name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remunerations.

Signature: _____

(Parent or guardian if participant is under 18yr)

Make Checks Payable to: HCC Booster Club

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Detach and Mail Registration Form and Fee to

HCC Athletics

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