

Thanksgiving Day!
November 22, 2007

Make way for your
turkey (dinner!)

Come run, walk,
or push your
baby stroller!

Your entry will help raise
support for two local
charities: *Arlington-
Alexandria Coalition for
the Homeless (AACH)*
and *Doorways for
Women & Families*

2007 Arlington TURKEY TROT



*Annual 5K Fun Run/Walk Through Lyon Park & Ashton Heights
Benefiting the Arlington-Alexandria Coalition for the Homeless and Doorways for Women and Families*

RACE MISSION

The mission of the Arlington Turkey Trot is to provide an opportunity for people of all ages to enjoy a fun, healthy Thanksgiving activity together, and to raise support for two local charities: Arlington-Alexandria Coalition for the Homeless (AACH) and Doorways for Women & Families.

THE ROUTE

On November 22, 2007 the Arlington Turkey Trot will begin with an 8 a.m. turkey call at Christ Church of Arlington (CCA), 3020 N. Pershing Drive (the intersection of Pershing and Highland Street, about 1/2 mile south of the Clarendon Metro).

We will stuff the starting line near 4th Street and a funny-looking turkey-human hybrid will start the race with a bang. Then we'll strut south on Highland Drive, gobble down Garfield, then waddle our way through the Lyon Park and Ashton Heights neighborhoods. We'll peck our way along Pershing Drive, fly down Filmore, then gobble north on Garfield as we retrace our turkey tracks in a final flap to the finish line at Lyon Park.

The Turkey Trot has been approved by Arlington County, and the Arlington Police Department is working closely with CCA to ensure safety. Police and volunteers will help guide runners/walkers around the turns and divert automobile traffic from the route. Medical personnel will be on call for treatment, if necessary. A water station will be positioned near the 2nd mile marker, and both food and beverages will be available at the end of the route. To view the official map, please visit www.ccapca.org/turkeytrot

SEE REVERSE FOR APPLICATION

IMPORTANT

REGISTRATION

- Registration opens! September 1 - Application on back
- Last call! November 17:
Online and mail-in registration ends
- Walk-in Registration: November 22 — (6:45 - 7:30 a.m.)
Race Day — Please note, late fees apply.

PACKET PICK-UP - Dates/Times/Places

- November 20 (12 p.m. - 8 p.m.)
Christ Church of Arlington — 3020 N. Pershing Drive
- November 21 (12 p.m. - 8 p.m.)
Pacers Running Store — 3100 Clarendon Boulevard
- November 22 (6:45 - 7:45 a.m.)
Christ Church of Arlington — 3020 N. Pershing Drive

RACE DAY

- November 22 — Start 5K Fun Run/Walk — 8:00 a.m.

POST-RACE AWARDS CEREMONY

The prize ceremony will be held at Lyon Park (414 N. Fillmore Drive) immediately following the race to recognize the top three male and female finishers overall and the top three male and female finishers in multiple age groups.

OTHER INFORMATION

- For Volunteer Opportunities Contact Steve Clark via e-mail at ArlingtonTurkeyTrot@gmail.com
- On-street parking is available in the neighborhood.
- Register by completing and mailing in the entry form and waiver (see reverse), or at: www.ccapca.org/turkeytrot
- To learn more about the Turkey Trot race beneficiaries, visit www.doorwaysva.org and www.aachhomeless.org

2007 ENTRY FORM

One person per form, or you may register online at: www.ccapca.org/turkeytrot (Family registration is not available on-line.) Please read and sign the Waiver to the right.

Name _____

Address _____

City _____ State ____ Zip _____

Email _____

Phone (____) _____ Sex __Male __Female

Emergency phone _____

Age (as of 11/22/07) _____

Please indicate T-shirt size:

Youth: YM YL Adult: S M L XL

Entry fee enclosed (see below): \$ _____

For multiple entries in one envelope, please indicate total number of entries enclosed: _____

Amount on check: \$ _____

How did you learn of the Arlington Turkey Trot?

ENTRY FEE if paid online or received by **November 17th**:

Adults: \$20

Children 6-17: \$10

Children under 6: Free

Family Fee: Maximum of \$70*

Online registration: \$3 service charge per person

ENTRY FEE on Race Day

Adults: \$30

Children 6-17: \$15

Children under 6: Free

Family Fee: Maximum of \$70*

* FAMILY: Includes Parent(s) and children 17 or under.

Please mail all entries together. Family will receive maximum of 5 t-shirts and goodie bags. Additional shirts are \$12 each.

Make checks payable to: Christ Church of Arlington

Mail before November 17th to:

CCA • 3020 N. Pershing Drive • Arlington, VA 22201-1628

(Please read and sign the Waiver on the right)

SPONSORSHIP OPPORTUNITIES AVAILABLE!

For more information, please e-mail
ArlingtonTurkeyTrot@gmail.com
or call (703) 527-0420

THE OFFICIAL T-SHIRT

Registrants will receive the official 2007 Turkey Trot T-shirt (indicate size on the entry form) at the Packet Pick-Up (see dates and times). T-shirts will be available for purchase on race day.



RACE WAIVER

*(Entry not complete without signature;
please read and sign)*

I acknowledge that participating in the Arlington Turkey Trot (the "Event") is a potentially hazardous activity. I agree not to participate unless I am medically able and properly trained. I agree to abide by any decision of Event officials regarding my ability to safely compete in the Event. I assume all risks associated with participating in the Event, including but not limited to falls; contact with vehicles, persons, and other objects; traffic; and the effects of weather and route conditions. I authorize Event volunteers to administer medical care to me as they determine may be needed. In consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release all employees, volunteers, and agents of Christ Church of Arlington, Arlington County (including its departments), all Event sponsors, and each of their representatives and successors, from all liabilities and claims arising out of my participation in the Event. I grant permission to all the above persons and entities to use or authorize others to use photographs, videos, and other records of my participation in the Event for any purpose, without remuneration. Registrations may be returned and entry fees refunded if the registration response is too great. Event entry and bib are non-transferable.

Signature of Participant

(Parent or Guardian must sign if participant is under 18 years of age)

Date

Hosted by Christ Church of Arlington



3020 N. Pershing Drive
Arlington, Virginia 22201
(703) 527-0420

www.ccapca.org

Rev. Brian Webster, Pastor

A congregation of the Presbyterian Church in America

To all who are spiritually weary and seek rest; to all who mourn and long for comfort; to all who struggle and desire victory; to all who sin and need a savior; to all who are strangers and want fellowship; to all who hunger and thirst after righteousness; and to whomsoever will come, this church opens wide her doors and offers welcome in the name of the Lord Jesus Christ.