



29th Annual Turkey Trot

Pinehurst, NC

FirstHealth
CENTERS FOR HEALTH & FITNESS

Beginning and ending at the FirstHealth Center for Health & Fitness - Pinehurst, the course winds through the residential areas of the resort town of Pinehurst, NC.

This event is nationally certified by USATF-RRTC.

Saturday, Nov. 21, 2009

Welcome MooreFit Participants!

Overall male and female winners in each race will receive awards as well as a frozen turkey. Age group awards for men and women will be given in the 5K, 10K, and Half-Marathon races.

The groups are as follows: 14 + under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69 and 70+. All entrants will receive a Turkey Trot long-sleeved T-shirt. Power gel provided for Half-Marathon participants. Refreshments provided.

Register online at www.active.com and check race results at www.firsthealth.org.

CHIP TIMING!

Registration

Mile Fun Run

0-6 years old.....Free
All Others.....\$15*

5K Race

All Ages.....\$20*

10K Race

All Ages.....\$20*

Half Marathon

All Ages.....\$25*

**Cost for entries received by Nov. 18
Entries received after Nov. 18, add \$3.*

**Entries will be accepted
up to 45 minutes
prior to event.**

Make checks payable to:
FirstHealth of the Carolinas.

Mail to:
FirstHealth Center for Health
& Fitness-Pinehurst
Turkey Trot
170 Memorial Drive
Pinehurst, NC 28374

For more information, contact:
Jodi Heimrich, Race Director
(910) 715-1800 or (910) 715-1843
jheimrich@firsthealth.org

Schedule of Events

Registration & Packet
Pick-Up
Friday, Nov. 20 - 6 - 8 p.m.
Saturday - Registration
Opens 7 a.m.

8:30 a.m. One-Mile Fun
Run

9 a.m. Half Marathon
9:30 a.m. 5K & 10 K

Awards Ceremony
Immediately
Following Race



new balance

Shoe Sale & Computerized Foot Analysis

Friday, November 20
9 a.m. - 7 p.m.

Saturday, November 21
7 a.m. - 12 p.m.

*All race participants will receive 20 percent off.
Choose from running, walking and cross trainer shoes.*

Race Parking

Race participant parking available at the
FirstHealth Moore Regional Hospital
visitor parking lot.

Chip Timing

The 5K, 10K and half-marathon runs will
provide chip timing. If you own your
own chip, please bring it to the event.

REGISTRATION FORM (Please Print) *Please fill out completely (TO BE COMPLETED BY INDIVIDUAL RUNNERS)*
Registration is also accepted online via www.active.com.

Name _____ Age (day of race) _____

Address _____ City _____ State _____ Zip _____

Sex: M F T-Shirt Size: S M L XL Telephone _____

Race Entering (please circle): Fun Run/1 mile 5K 10K Half Marathon Date of Birth _____

WAIVER AND RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including heat or humidity, traffic and the condition 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, I, for myself and anyone entitled to act on my behalf, waive and release FirstHealth Moore Regional Hospital, the FirstHealth Center for Health & Fitness, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. 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. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have, or that might accrue against FirstHealth Moore Regional Hospital, the FirstHealth Center for Health & Fitness, and their agencies, officers, and employees, for any and all injuries suffered by me in said event.

Make checks payable to: FirstHealth of the Carolinas

Fees: Ages 6 & Under = Free / All Others: 1 mile = \$15, 5K + 10K = \$20, and Half Marathon = \$25.

Mail to: FirstHealth Center for Health & Fitness-Pinehurst, Turkey Trot, 170 Memorial Drive, Pinehurst, NC 28374
Entries received after Nov. 18, add \$3.

I heard about this event from _____ . If you own your own chip, please enter Chip No. _____

Signature _____ Date _____

Parent's Signature (If runner is under 18 years of age) _____ E-mail Address (Please print) _____

Are you a MooreFit participant? Yes No



Jodi Heimrich, Race Director
FirstHealth Center for Health & Fitness
170 Memorial Drive
Pinehurst, NC 28374

Thank you • Thank you • Thank you • Thank you • **Sponsors** • Thank you • Thank you • Thank you • Thank you

Aberdeen Coca-Cola
Aberdeen, NC
(910) 944-2305

Kirby Real Estate Group
Southern Pines, NC
(910) 692-8133

Ragazzis
Southern Pines, NC
(910) 692-4626

Rainbow Cycles
Southern Pines, NC
(910) 692-4494