

**Gather family and  
friends for the**

**11<sup>th</sup> Annual  
Turkey Trot**

**Where you can  
walk or run the  
beautiful UWRF  
campus trails**



Thank You For  
Your Support



**11<sup>th</sup> Annual  
Turkey Trot**



**November 7, 2009**

Presented by the UWRF  
Health and Human  
Performance Department

**Date:** November 7<sup>th</sup> 2009

**Place:** Knowles Center at UW-  
River Falls Campus

**Times:**

**8:00 am** Registration

**9:00 am** 5K run begins

**9:10 am** 1 mile walk begins

**Pre-Registration Postmarked  
by October 17<sup>th</sup>**

\$15 Single Entry Fee

(Long sleeve Turkey Trot T-shirt  
included)

**Day of Registration**

\$20 Single Entry

(Turkey Trot long sleeved T-Shirt  
included while supplies last.)

**Registration forms online at**

[www.uwrf.edu/hhp](http://www.uwrf.edu/hhp)

**The Trot Route:**

Begins and finishes on the track  
on the UWRF campus and takes  
you on a scenic tour of our  
beautiful campus.

**Awards:** Many awards and door  
prizes will be given out to  
participants after the completion  
of the race.

**Divisions: Men's & Women's**

\*Under 12                    \* 40-59

\*13-18                        \* 60 & over

\*19-39

**Questions Contact:**

David Hanson  
715-977-1130  
[david.hanson@uwrf.edu](mailto:david.hanson@uwrf.edu)

Elizabeth Moos  
[elizabeth.moos@uwrf.edu](mailto:elizabeth.moos@uwrf.edu)

**Send Registration to:**

Health & Human Performance Dept.  
UW- River Falls C/O Turkey Trot  
410 South Third St.  
River Falls, WI 54022

**Registration**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ E-Mail \_\_\_\_\_

Female

Male

**T-Shirt Size**

Small     Medium

Large     X-Large     XX-Large

**Race:**

**5K**     **Walk**

**Liability:**

In consideration for allowing me to run or  
walk in the Turkey Trot, I will not hold the  
University of Wisconsin River Falls, sponsors,  
or staff responsible for any personal injury or  
loss resulting from participation.

Signature \_\_\_\_\_