



43rd Annual Norwich Family YMCA

TURKEY TROT

5K Race
12:30 pm

November 24, 2024 • Norwich, NY
at the YMCA, 68 North Broad Street

DIVISIONS:

5-K women's & men's -
under 11, 12-15, 16-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70-79, 80 and over.

RACE INFORMATION:

Day of race registration begins at 10 am.

ENTRANCE FEE INCLUDES:

Accurate Chip Timing System,
2025 Turkey Trot Shirt, Arby's Turkey
Sandwich, Chocolate Milk, Bagels, Cookies,
Pretzels, Fruit, Drink & Chobani Yogurt

ENTRY DEADLINE:

No entries will be permitted after
12:00 pm the day of the race.

TWIST AND TROT



KIDS NEIGHBORHOOD FUN RUN
Free 1/2 Mile Neighborhood Run
Children show up at 11:45
in front of the Y
Run Begins at 12:00 NOON

ENTRY FEE:

Adults -
Early Registration \$30 until Nov 15th
Nov. 16th- 24th: \$35
All Students 12 Grade & Under - \$25.00
Kids Neighborhood Fun Run - Free

Runners' shirts are guaranteed to all
who pre-register by November 15th.
Registration afterwards will be a part of
our second order and runners will be
able to pick their shirts up at the Y
after the event.



Norwich Family YMCA Turkey Trot Application

NAME: _____

AGE: _____

ADDRESS: _____

Sex: MALE FEMALE
(please print)

PHONE: () _____

Race Shirt Size:

Only guaranteed if pre-registered

YL AS AM AL AXL AXXL

e-mail: _____

In consideration of my entry being accepted, I, hereby, for myself and my heirs waive and release any and all my rights and/or claims for damages that I may have against the sponsors of this race, and/or the Norwich YMCA, for any injuries that I may suffer in connection with any participation in the 43rd Annual Norwich YMCA Turkey Trot. The registrant and his/her dependents assume responsibility for any and all risks, injuries and property damage which may be acquired while at the Norwich YMCA. By signing my name below, I hereby certify that I have read, understand and agree with all the terms and conditions within this release and do intend to be legally bound thereby. All proceeds from entry into this event will cover the cost of this annual event, and any funds remaining will benefit the Norwich YMCA Youth Sports Programs. Event fees are not transferable to another entrant.

Signature: _____ (If under 18 years of age legal guardian must sign.)

