

2021 Turkey Trot Registration Form

Participant's Name _____ Parent's Name _____
Address _____ City _____ Zip Code _____
Phone (____) _____ Email _____
Date of Birth _____ Female _____ Male _____ Age _____ T-Shirt Size (circle) Youth: S M L
Adult: S M L XL XXL

Medical conditions or special needs we should be aware of: _____
In case of an emergency, contact _____ at _____

Bring a canned good donation to be entered into our raffle for prizes generously donated by local businesses!

Turkey Trot

Join the Livonia Parks and Recreation Department as we walk/run to help the less fortunate. Profits and can-food donations will be given to the Livonia Goodfellows organization.

Date: Saturday, Nov. 6, 2021
Location: Bicentennial Park (Seven Mile/Wayne Roads)
Distance: 5K FUN WALK/RUN (approx. 3.1 miles)
Time: 8:30 a.m. - Late Registration and T-shirt pick up
9:30 a.m. - WALK/RUN

Virtual Walk/Run Option: If you wish to participate on your own or have a conflict on the day of the race, feel free to complete the Turkey Trot on any day of your choice. If you registered before Oct. 18, don't forget to pick up your T-shirt.

Fee: \$15 per person* (cash, credit card or check made out to "City of Livonia")
Register at LivoniaParks.org or the Kirksey Recreation Center.
Race Day: No credit cards accepted on site.
Cash or check only.

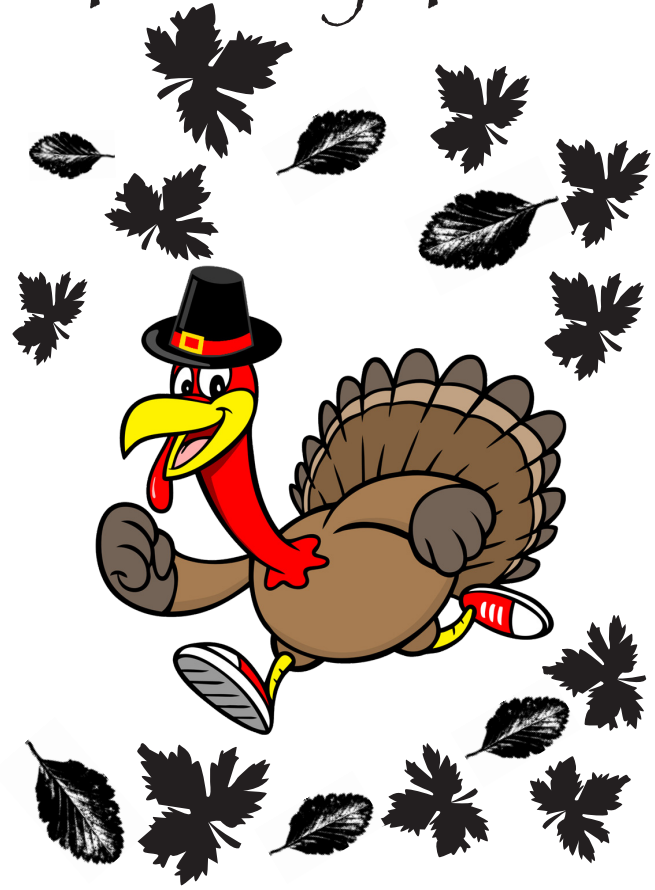
*Those registered by Oct.18 may pick up their T-shirt on Friday, Nov. 5, at the Kirksey Recreation Center Conference Room from 1-8 p.m. You may also pick up your T-shirt on the day of the run beginning at 8:30 a.m.

Anyone who is registered after Oct. 18 is not guaranteed a T-shirt. Any additional shirts will be available on a first come, first serve basis beginning at 10:30 a.m. Saturday, Nov. 6, at the race.



2021

Turkey Trot



**Saturday, Nov. 6, 2021
9:30 a.m.**



LivoniaParks.org

Turkey Trot

Sat.
Nov. 6
9:30 a.m.



Turkey Trot Conditioning!

Need a little guidance to reach your walking/running goals? Or need a strength training program designed for runners? We have the resource for you. Certified personal trainer Deb Vinitski can create a customized and adaptive science based training program for now and in the long run. Deb has more than 10 years of running experience, ranging from 5k's, 10k's, half marathons, full marathons and ultras. Whether you are a beginner or a seasoned walker/runner, a personalized training plan can get you to your next goal! Contact ACE certified personal trainer **Deb Vinitski**, (734) 516-3128, ptdebbiev@aol.com, to begin your program today!

Parent/Participant Waiver

The City of Livonia and the Livonia Department of Parks and Recreation, its officials and representatives, either employed or voluntary, assume no responsibility whatever for any injury by the participant in the parks and recreation activity. Further, to the best of my ability, I hereby certify that I/my child is in good health and physically able to participate in this activity and acknowledge the above medical conditions. I understand that all entries are accepted with the understanding that I/my child agree to abide by the rules and regulations of the department.

I also grant permission to use photographs taken of me/my child for departmental marketing purposes. Please contact our office if you do not want photographs taken.

Signature: _____

Date: _____

(Parent/Guardian if 17 or younger)