



2nd Annual Smiles Change Lives™ Turkey Trot

5K Run/ 1.5 mi Walk/ Kid's Fun Run
Thanksgiving Day Morning November 26, 2009

All proceeds to benefit Smiles Change Lives™ - Long Island

Smiles Change Lives™ is a nonprofit organization that has been providing life changing, essential orthodontic treatment for children from low income families for over a decade. Dr. Frank R. Egan, local orthodontist and runner, launched the Smiles Change Lives Long Island Chapter in 2008.

Race Information: The race course was designed by runners for runners. The race has been sanctioned by the USATF and features electronic timing by JMS Racing. It starts and finishes at Corey Beach Park on the Great South Bay and winds through the beautiful town of Blue Point. Results for the 5k race will be posted on www.smilesturkeytrot.org . Registration limited to 1000. **T-shirts guaranteed to all 5K & Walk participants!**

Kid's Fun Run 8:45 am: for children 10 years old and under. Turkey Headbands for the first 100. Top three finishers will receive prizes.
1.5 Mile Walk 9:00 am: 1.5 mile noncompetitive walk.
5K Run 9:00 am: 5K (3.1 miles) - flat and fast. Race starts on Middle Road at Corey Beach Park.



RACING SERVICES

Awards: Prizes to the first three finishers overall and the first three finishers in each category.

Categories: Male and Female: 14 & under, 15-19, 20- 24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+, wheelchair.

Registration Information:

Pre-registration 5K & Walk \$20.00, Fun Run \$10 by mail postmarked by Friday November 13, 2008
Pre-registration Online 5K & Walk \$20.00, Fun Run \$10 plus service charge at Active.com
Race Day Registration 5K & Walk \$25.00, Fun Run \$12 Thursday, November 26, 2009 7:00-8:30am

Smiles Change Lives Turkey Trot 5K Run / 1.5 Mile Walk / Kid's Fun Run Application

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ E-mail _____

Date of Birth _____ Age on Race Day _____ Sex _____

Check one: Kid's Fun Run 5K Run 1.5mi Walk Wheelchair

T-shirt size: S M L XL Payment: Check Cash (In Person)

Make check payable to: **Smiles Change Lives – Long Island**
Send entry form and check to: **Smiles Change Lives Turkey Trot**
c/o SAYVILLE RUNNING COMPANY
55 Main Street
West Sayville, NY 11796



In consideration of accepting this entry, I, the undersigned intending to be legally bound, for myself and my heirs, executors and administrators, waive and release any all rights and claims for damages I may have against Smiles Change Lives, Smiles Change Lives – Long Island, Sayville Running Company, Corey Beach Park, County of Suffolk, Town of Brookhaven, Town of Blue Point and all sponsors of this event, their employees, principals, agents, directors, representatives, successors and assigns for any and all injuries or damages suffered by me in said event. I acknowledge that I am aware of the inherent risks involved in this event and voluntarily assume these risks. I attest and verify that I am physically fit and have sufficiently trained for the completion of this run, and my physical condition has been verified by a licensed medical doctor. I hereby consent to the use of my name, photograph and or likeness in connection with my participation in this event. If signed by a parent, the parent agrees to release and hold the above named organizations and persons harmless of any claim and/or rights which may be asserted on behalf of the entrants. Smiles Change Lives reserves the right to reject any entry, and further reserves the right to change the details of the above-referenced event without prior notice. I understand that my entry fee is nonrefundable and my entry is nontransferable.

Signature _____ Parent Signature (if under 18) _____