



Turkey Trot for Hope 5K

Gobble Wobble Fun Run

Thursday - November 23, 2023 - 8 AM

Organized by: Rapahope (<http://www.rapahope.org>)

Location: Mardi Gras Park (104 Royal Street Mobile, AL 36602)

Distance: Certified 5K course – AL19057JE Gobble Wobble Fun Run is about a mile.

Events: 5K run/walk starts at 8 AM; Gobble Wobble Fun Run starts at 9 AM.

Registration: Pre-register by mail (entries should be postmarked by November 15), in person at McCoy Outdoor, Run-N-Tri, Fleet Feet in Mobile until noon on November 21. Online until 4 AM November 22 at <https://raceroster.com/events/2023/78140/turkey-trot-for-hope>
Early Packet Pickup/ late registration will be Wednesday, November 22 from 12 PM – 6 PM at the Port City Pacers office located at 358 Morgan Avenue, Mobile, AL 36606.
Race day registration and Packet Pick-up will be at Mardi Gras Park from 6:15 – 7:30 AM.

Entry fees: **Pre-registered (through 11/22)** **Race Day**
5K run/walk: \$30 5K run/walk: \$35
Gobble Wobble: \$20 Gobble Wobble: \$25
Stay in bed - with shirt: \$20

Entry fees include long sleeve race shirt, eligibility for awards, and race celebration. No shirt - option subtract \$5.

No entry fees will be refunded. In case of inclement weather, fees will be considered a donation to Rapahope.

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Wheelchair. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-79, and 80+

Special Awards: Awards will be given to the teams with the most participants, the best Thanksgiving costume, fastest wheelchair participant, and the fastest turkey.

*Turkey participants must be dressed comb to talons (head to tail) as a turkey – not just a turkey hat.

Shirts: To guarantee a long-sleeved shirt on race day, you must submit your application by November 14.

Post-Race Party: Food and beverages will be provided after the race.

Last Name: _____ First Name: _____ Age _____ Sex: F M

Address: _____ City, State & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

Event: 5K Run/walk 5K Turkey Run/Walk (run dressed as a turkey) 5K Wheelchair Gobble Wobble Fun Run Stay in Bed/Kitchen

I am a member of a team: Yes No Team Name: _____

T-Shirt Size: YS YM YL S M L XL XXL No shirt (subtract \$5) Donation to Rapahope: \$ _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the 5K race and I will abide by these guidelines. 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 Rapahope, LRH Productions, the City of Mobile, Mobile County Sheriff Office, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Participant certifies that he or she meets the above requirements for entry. Participant voluntarily assumes all risks and agrees not to hold RAPAHOPE liable for any illness or injury.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Rapahope

Mail applications and fees to: Rapahope; P.O. Box 1427 Mobile, AL 36633

