



FACT SHEET

- DATE:** Thanksgiving Day: Thursday, November 25, 2010
RAIN OR SHINE
- START TIME:**
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| 8:00 AM | Registration |
| 8:45 AM | Warm Up |
| 9:00 AM | Race Start |
| 10:30 AM | Completion including award presentations |
- LOCATION:** **The Residents' Club**
1200 Bulle Rock Parkway
Havre de Grace, Maryland
- COURSE RUN/WALK:** Start at Residents' Club. Proceed down Bulle Rock Parkway across Zachman Way pedestrian bridge, down Blenheim Road to Bulle Rock Golf Course and back to the Residents' Club. The 5K route is a combination of road and trail. The course will be well marked with monitors along the way.
Timing by Renaissance All Sports Athletic Club (RASAC).
- BENEFICIARY:** Susquehanna Hose Company www.susquehanna5.com
- ORGANIZERS:** HeartSmart www.HeartSmartFoundation.org
- COST:** Pre-regis Adults \$25 Pre-regis Age 10 & Under \$15
(Includes long sleeve logo T shirt, refreshments & prizes)
- PARTICIPANTS:** **OPEN TO GENERAL PUBLIC:** all age groups and fitness levels
- PRIZES:** Overall 1st, 2nd and 3rd winners (male and female) will receive a prize. Additional prizes will be awarded to the 1st, 2nd and 3rd place male and female finishers in the age brackets below. An award will also be given to the youngest and oldest participant.
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| 10 and under | 30 to 39 |
| 11 to 14 | 40 to 41 |
| 15 to 19 | 50 to 59 |
| 20 to 29 | 60 and over |

All participants will receive goodie bags.

ADDITIONAL INFO www.BulleRockTurkeyTrot.com
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