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- Chesapeake Food Works,
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- Ryland Homes
- Bulle Rock Golf Course, Merrick Towle Communication
- MRA/GTA, Allied Waste, Brickman Group
- Allsigns

**2009 REGISTRATION FORM**  
**Thursday, Nov. 26, 2009**  
**THANKSGIVING DAY**  
**3rd Annual Turkey Trot**  
**5K Run/Walk**

Timing by  
**Renaissance All Sports Athletic Club (RASAC)**

Mail form & check or register online at  
[www.BulleRockTurkeyTrot.com](http://www.BulleRockTurkeyTrot.com)



\$20 adult pre-registration fee includes long sleeve logo T-shirt, refreshments, and awards by age groups. Children 10 and under - \$10. Day of event registration will held between 8:00-9:00 a.m. at The Residents Club at Bulle Rock. Run/Walk starts promptly at 9 a.m. (warm-up at 8:45 a.m.)

Make checks payable to **HeartSmart**. Or pay by Paypal

Prizes awarded to first place male and female finishers in the following Age Categories  
**Youth:** 14 and under      **Adolescent:** age 15-19  
**Open:** age 20-29      **Sub - Masters:** age 30 to 39  
**Masters:** age 40 – 49      **Veterans:** age 50 to 59  
**Senior:** age 60 plus  
 Additionally, one award will be given each to the youngest and the oldest Turkey Trot participant

**REFRESHMENTS PROVIDED / GOODIE BAGS TO ALL PATICIPANTS**  
 Well-marked paved and trail paths along Residences at Bulle Rock and Bulle Rock Golf Course. Course monitors located along the Run/Walk route.

Bulle Rock Turkey Trot will be held rain or shine. No refunds. For more information, please call Kathy Harper at 410-939 8700 [kharper@bullerock.com](mailto:kharper@bullerock.com) or Email [info@heartsmartfoundation.org](mailto:info@heartsmartfoundation.org)

**PROCEEDS WILL BE USED TO PURCHASE MUCH NEEDED EQUIPMENT FOR SUSQUEHANNA HOSE COMPANY**

*To benefit, **Susquehanna Hose Company***

**3rd Annual Bulle Rock Turkey Trot 5K Run/Walk • Thanksgiving Day• Thursday, Nov 26, 2009**  
**Registration 8:00 am • Race Start 9:00 am • Bulle Rock Residents' Club (rain or shine)**

Each entrant must complete a registration form • Copies accepted • Please print

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_  
 Telephone: Day \_\_\_\_\_ Evening \_\_\_\_\_ Cell \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**Runner:** \$20 \_\_\_\_\_ Pre-registration fee      \$25 \_\_\_\_\_ Race Day fee      Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_  
**Runner (10 & under):** \$10 \_\_\_\_\_ Pre-registration fee      \$15 \_\_\_\_\_ Race Day fee      Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_  
**Walker:** \$20 \_\_\_\_\_ Pre-registration fee      \$25 \_\_\_\_\_ Race Day fee      Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_  
**Walker (10 & under):** \$10 \_\_\_\_\_ Pre-registration fee      \$15 \_\_\_\_\_ Race Day fee      Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**Donation:** \$ \_\_\_\_\_ Amount enclosed.

*I cannot attend but would like to support HeartSmart and The Susquehanna Hose Company, non-profit organizations.*

**Waiver and Release:** (Each participant must read and sign below) I, the undersigned, agree to indemnify and hold harmless HeartSmart and Bulle Rock from all cost, expense and liability arising out of my or my child's participation in this event to benefit HeartSmart and The Susquehanna Hose Company. I do hereby waive all claims for damage or loss to me or my child's person or property which may be caused by any act or failure to act, by HeartSmart's and Bulle Rock's officers, agents or employees arising directly or indirectly from my or my child's participation in this event and I hereby assume liability for any loss, damage or other liability from such event. **Important! Participants under age 18 must have this form signed by a parent or legal guardian.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Entrant or parent if registrant is under 18

Complete all information above and return with check payable to **HeartSmart** to:

**HeartSmart, c/o Bulle Rock Residents' Club 1200 Bulle Rock Parkway Havre de Grace, Maryland 21078 410 939 8700 Email [info@HeartSmartFoundation.org](mailto:info@HeartSmartFoundation.org)**

Paid: Cash \_\_\_\_\_ Check # \_\_\_\_\_ Paypal \_\_\_\_\_ Total Amount Paid \_\_\_\_\_