

East Greenwich Hill and Harbour Turkey Trot 5K and 1 Mile Fun Run

Presented by the Main Street Association Saturday,
November 30th, 2019



5K Starts at 8:30 | . 1 Mile Fun Run Starts at 9:30

THE COURSE through scenic

East Greenwich waterfront and hill districts

•Distance: sanctioned and certified 5K starting at 8:30 a.m. and 1 Mile Fun Run starting at 9:30

measured by Ray Nelson

•Registration begins at 7:00 am

at The Armory.

6 Main St. East Greenwich RI

•Chip timing being organized by Racewire

PRIZES & CATEGORIES – 5k

\$100 to the top male and female.

Top two in each age category get

great gifts from your very own

East Greenwich Shops

Sub Junior (0-12)

Junior (13-19)

Open (20-29)

Sub Master (30-39)

Master (40-49)

Senior (50-59)

Veteran (60-69)

Grand Veteran (70+)

Wheelchair entries

one prize per runner

Like us on Facebook!

East Greenwich Hill and Harbour Turkey Trot

For updates and photos

THE PARTICULARS

5K Run/Walk starting at 8:30am

\$20 Registration online at

www.eastgreenwich5k.com

by or received by Nov. 23rd

\$25 on Race Day

T-SHIRTS to first 500 registered in the 5K

(shirt sizes are not guaranteed, best efforts will be made)

1 Mile Fun Run starting at 9:30 am

\$6 Registration online

or received by Nov. 16th

\$10 on Race Day

medals will be provided to first 400 finishers

of the 1 mile fun run

Race day donations

The EG Lions Club will be

collecting canned food

donations for the East Greenwich Interfaith

Food Cupboard on race day. We ask that all

attendees bring a canned good to support this

effort

Online registration at:

www.eastgreenwich5k.com

Post-race refreshments available after the race along with fantastic DJ and family fun activities

WALKERS WELCOME!

Show your support by joining us

for a brisk walk through the scenic waterfront

of East Greenwich

FOR MORE INFO:

For course map & on line reg. link:

www.eastgreenwich5k.com

RACE DAY VOLUNTEERS NEEDED

please contact us via email:

eastgreenwich5k@gmail.com

Beneficiary

Sharing Locker

A Big thank you to our Gold Sponsors!



East Greenwich Hill and Harbour Turkey Trot Registration 2019

5K Registration/ 1 Mile Fun Run Registration (circle one)

5k Pre-entry received by Nov. 23rd- \$20; \$25 on Race Day

1 Mile Pre-entry received by Nov. 23rd-\$6; \$10 on Race Day

Make checks payable to: **Main Street Association**

Mail to: Main Street Association/PO Box 903/East Greenwich, RI 02818

Name _____ Age _____ Sex _____
 Address _____ Phone _____
 City _____ State _____ Zip _____

In consideration of this entry being accepted, I hereby for myself, executors, administrators, waive and release any and all rights and claim for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning there from. I further state that I am in proper physical condition to complete this race.

E-mail _____ @ _____ Signature _____

I have a disability for which I am requesting an accommodation (of parent or guardian if under 18)