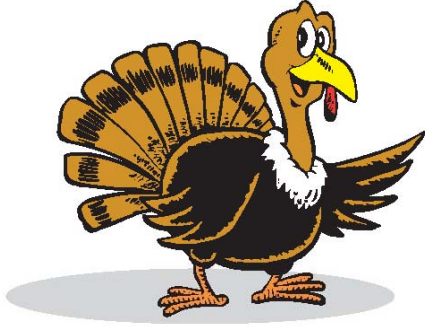


The Women's Club of Norwell Presents the 4th Annual

# Norwell Turkey Trot 5K

(Run or Walk)



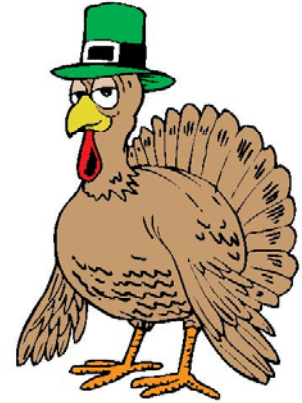
Sunday, November 15, 2009

10:00 am

Norwell High School  
18 South Street, Norwell, MA

Rain or Shine

T-shirts to the first 150  
participants to pre-register



Kids' Race for ages 8 and under will begin immediately after the 5k (\$5 per family).

Please bring a can or box of food to be donated to the Norwell Food Pantry.

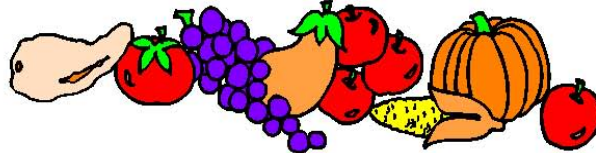
Cash prizes for winners, refreshments, water stops, mile markers and

free massages provided by

Bay State Physical Therapy

Number pickup and race day registration begins at 8:00 am

Numbers may also be picked up at NHS on November 14th between 3:00 and 5:00 p.m.



Send entry form and a \$20 nonrefundable check payable to The Women's Club of Norwell, Inc. on or before November 8th to P.O. Box 834, Norwell, MA 02061. After November 8th, the entry fee will be \$25. Please include the cost of the raffle ticket(s) and the Kids' Race fee in the check payable to The Women's Club of Norwell, Inc.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Run

Walk

Shirt size S M L XL

Kids' Race Fee  \$5 per family Name(s) and age(s) \_\_\_\_\_

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The Women's Club of Norwell, Inc. and sponsors, coordinating groups and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Participant (required) \_\_\_\_\_ Date \_\_\_\_\_

Parent or guardian must sign if under 18 years of age

Race entry form may be downloaded from [www.norwellwomensclub.org](http://www.norwellwomensclub.org).  
For questions, email Jill Donelan: [jillmarie.donelan@gmail.com](mailto:jillmarie.donelan@gmail.com)