

**Come meet 'Flash'  
the fastest  
Thanksgiving  
Turkey!**



***Race Location:***

Cohoes City Hall is located at 97 Mohawk St. in Cohoes. The 5K/walk/kids run will begin and end in front of City Hall.

\*Tee-shirts will be given to the first 150 applicants\*

**Start your  
Thanksgiving with a  
Trot!**



**City of Cohoes**  
97 Mohawk St.  
Cohoes, NY 12047  
Phone (518) 233-2116  
Fax (518) 237-0072

**City of Cohoes Presents the  
48<sup>th</sup> Annual  
Turkey Trot**



Thursday, November 24, 2011  
City Hall  
Cohoes, New York

# TURKEY TROT 3.5mile/WALK/KIDS RUN Information

**WHEN:** Thursday, November 24, 2011,  
Thanksgiving Day RAIN or SHINE.

**WHERE:**  
Cohoes City Hall, 97 Mohawk St. Cohoes, NY  
12047

**TIME:**  
Kids Races begin at 8:30 am  
3.5 mile run/walk begins at 9:30 am (**CHIP  
TIMED**)

**COSTS:**  
Bring a non-perishable item to be donated to a  
local food pantry.

## DIVISIONS:

**KIDS RACES:** 8:30 a.m. starting time

**Intermediates:** 1 mile  
Boys and girls (ages 11-13)

**Juniors:** ½ mile  
Boys and girls (ages 8-10)

**Biddies:** ¼ mile  
Boys and girls (ages 5-7)

**Pee Wee**  
Boys and girls (ages 4 and under)

**3.5 MILE RUN/WALK:** 9:30 am  
Men's and Women's- High School boys and  
girls (ages 14-18), Men's and Women's Open  
(ages 19-29), Sub-Masters (ages 30-39),  
Masters (ages 40-49), Veterans (ages 50-59),  
Seniors (ages 60+)

**CHIP TIMED EVENT:** \*Chip timing by  
ARE Event Productions. The chip must be  
worn on your shoe to be in the results. The  
chip must be returned at the finish or you will  
be assessed a \$20 replacement charge.

# Registration

## HOW TO REGISTER:

- (1) You may **mail** your registration to:  
Cohoes Human Services Department  
Turkey Trot  
97 Mohawk St. Room 20  
Cohoes, NY 12047  
CANNED GOOD – Bring in race day,  
or drop off to the City of Cohoes  
Human Services Department.
- (2) You may download an application  
on-line at [www.ci.cohoes.ny.us](http://www.ci.cohoes.ny.us)

Name: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

Phone(H): \_\_\_\_\_

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

Gender: (M) \_\_\_\_\_, (F) \_\_\_\_\_

DOB \_\_\_\_\_

Age on Race Day \_\_\_\_\_

T-shirt size (adult sizes) S M L XL

T-shirt size (kid sizes) M L XL

## Event sponsored by

**The City of Cohoes Human  
Services Department**

# RACE WAIVER

I, \_\_\_\_\_ hereby agree that by my  
signature below, I realize that participating in a  
road race is a potentially hazardous activity. I  
affirm that I am in good health and am  
physically able to participate in a sporting  
event such as a road race. I assume all risks  
associated with my participation in this event.

I, \_\_\_\_\_ do hereby further agree to  
be responsible for and hold the City of Cohoes,  
New York ("City") and the Albany Running  
Exchange ("ARE"), its successors and assigns,  
harmless of and from all, and all manner of  
action and actions, cause and causes of action,  
suits, debts, dues, sums of money, accounts,  
reckoning, bonds, bills, specialties, covenants,  
contracts, controversies, agreements, promises,  
variances, trespasses, damages, judgments,  
extents, executions, claims and demands  
whatsoever, in law or in equity, which against  
the said "City" and "ARE," its successors and  
assigns, I ever had, now have or which its  
successors or assigns, hereinafter can, shall or  
may have for, upon or by reason of any matter,  
cause of thing whatsoever from the beginning  
of the world to the day of the date of these  
presents, but more specifically, that I hold the  
"City" and "ARE" harmless and indemnify the  
"City" and "ARE" from any claims or liability  
arising out of the "City" and/or "ARE"  
allowing my participation in the Cohoes  
Turkey Trot, on the 24th day of November,  
2011, and any subsequent dates.

Signature

Date

Parent's Signature if under 18 years of age