



# THE TRESTLE TURKEY | TROT

**November 29, 2014 | 9:00am | Woodward, IA**

The 5K (3.1 miles) run/walk, will start and finish at the Woodward Depot (located at the entrance of the High Trestle Trail). Experience the High Trestle Bridge along a scenic route from Madrid to Woodward. **Participants should meet at the depot by 8:30 a.m.** A bus will transport participants to park and ride on East side of High Trestle bridge to start race. Proceeds will help support Woodward Youth Recreation. Thank You For Your Support!

*Any questions contact Jodi Jamison, [jamison3r@gmail.com](mailto:jamison3r@gmail.com) or 515-490-8716 (cell)*

**FitnessSports**  
SPORTS AND RECREATION

*Detach and Mail to:*

**Jodi Jamison 712 South Main, Woodward IA 50276.** Make checks payable to: Jodi Jamison

Name, Last: \_\_\_\_\_ First: \_\_\_\_\_

Age: \_\_\_\_  13 & under  14-19  20-29  30-39  40-49  50 & over Gender: Male \_\_\_\_ Female: \_\_\_\_

**YOUTH SHIRT SIZE:**  Small  Medium  Large **ADULT SHIRT SIZE:**  Small  Medium  Large  XL

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

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

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_ Phone # \_\_\_\_\_

Cost: 5K -\$25

***\*WAIVER OF LIABILITY:** I understand and acknowledge that running a road race is a potentially dangerous activity that should only be undertaken by individuals who have adequately trained and are medically able. I assume all risks, whether known or unknown, associated with participating in this event including but not limited to medical emergencies brought on by physical exertion, falls, contact with other participants, effects of weather, traffic and conditions of the road, all such risks being known and appreciated by my heirs, executors and administrators, do hereby waive, release and discharge volunteers and event coordinators as well as the City of Woodward, and all sponsors, their representatives and successors, from all claims and liabilities of any kind resulting from or arising out of my participation in the event including personal injury or damage suffered by me or others, even though such claims or liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

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

*\* Parent or Guardian must sign the waiver for anyone under 18 years (list relationship to minor)*