KEEP THE TRADITION GOING
Join 1500+ runners for the BEST DASH on the West Side!

VIRTUAL THIS YEAR Making it easy to get home to baste the turkey!

17th Annual Turkey Dash 5k Run/Walk

Thanksgiving Morning | Thursday, November 26.2020 | Your Time | Your Place

Benefiting: The Karen P. Nakon Breast Cancer Foundation
Where: Virtual Race this year.
Course: Select a course through your neighborhood or local park.
Entry Fee: Adults $30.00 ~ Children (12 and under) $25.00
Sweatshirts: Register early to receive a FREE cozy long sleeve crew sweatshirt.
Awards: Participant medals to all registered runners and walkers
Information: www.nakonfoundation.org
Email: info@nakonfoundation.org
Phone: 440-213-9882

REGISTER ONLINE AT WWW.NAKONFOUNDATION.ORG

Drive-Thru Packet Pick-Up at Wickens Herzer Panza 35765 Chester Road, Avon OH NO ACTIVITIES AT AVON HIGH SCHOOL THIS YEAR	Saturday November 21 8 am – 11 am Monday November 23 5 pm – 7 pm

Register on-line at www.nakonfoundation.org or return registration / donation with your check made payable to:
Nakon Foundation | 35765 Chester Road | Avon, OH 44011

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Email (required for race updates) _____

Phone _____

Every dollar makes a difference. Just $50 covers the average monthly electric bill for a patient's apartment. $150 covers a week of day care for a mom in treatment. $300 covers a month of transportation back and forth to doctor's appointments.	
Can't make the run or just want to give a little more:	$

☐ **Male**
☐ **Female**
Age:_____

Sweatshirt Size:
☐ Youth M ☐ Adult L
☐ Adult S ☐ Adult XL
☐ Adult M ☐ Adult XXL

In consideration for the acceptance of my application to participate, I do hereby, fully forever waive, release and discharge myself, my estate, heirs, executor and assisgns the City of Avon, The Nakon Foundation and their respective trustees, officers, administrators, employees, agents and volunteers and all other persons and entities involved in the organization, planning or supervision of the 5k race from any claims, losses or damages whatsoever, including any and all personal injuries, damages to health or any other damages arising directly or indirectly from my participation in the race or race-related activities whether said losses, damages or claims are caused directly or indirectly by or related to a known or unknown risk of hazard and whether they are caused by a negligent acts or acts, regardless of the degree of negligence.
I warrant that I am physically fit and sufficiently trained to participate in the race and that my participation in the race and related activities is entirely of my own free will.
By signing here I warrant that I have read and understand the contents and meaning of the "Release and Waiver" and agree to be legally bound by all of its terms and conditions.

Participant's Signature_____

For Permit Holders under 18 years old and/or mentally or physically disabled:
As the undersigned parent and natural guardian of the participant, I attest and verify that the participant has my full consent to participate in the race and related activities, I warrant that I am the parent/natural or the duly appointed legal guardian, and I have read and clearly understand this "Release and Waiver" and agree to be legally bound by all of its terms and conditions.
Juvenile Signature_____

Parent or Guardian Signature_____