

Sea Colony
20th ANNUAL

TURKEY TROT



5K RUN & WALK

To benefit Special Olympics Delaware

November 26, 2023

9 am Race Start

Race Day Registration

7:30 - 8:45 am

Freeman Fitness Center

Registration, race start, finish & awards presentation are held at the Freeman Fitness Center, located 1 mile west of Rt. 1 & Sea Colony Marketplace at 38994 West Way Drive in Bethany Beach, DE. The first 200 registrants are guaranteed an event t-shirt. Refreshments and award ceremony will follow the race at the Freeman Fitness Center.

Participant Information

Name: _____ Age: _____

Gender: Male Female

T-Shirt Size(circle one): S M L XL XXL

Address: _____

Phone: _____ Email: _____

Health information: Do you have any medical conditions that may limit your participation in this event or feel the director should know about? If so, please provide details including limitations and special precautions:

Payment: \$ _____ Please make checks payable to: **Sea Colony Recreational Association**

Checks may be brought to the Freeman Fitness Center or mailed to: **PO Box 480 Bethany Beach, DE 19930**

A confirmation email will be sent when your check has been processed.

\$30 Pre-Registration Fee (Pre Registration ends Wednesday, November 22, 2023)

\$35 Registration Fee (Race Day Registration)

Online registration available at seacolony.com/events no later than Saturday, November 25, 2023 at 10 p.m.

I have completed the online waiver on seacolony.com

Signature (if minor, parent/guardian) _____ Date _____