



360° CHIROPRACTIC TURKEY TROTTER 5 MILE RUN / 4K WALK NOVEMBER 19, 2022

Presented By:



Parks and Recreation

Volunteers

Oldham County Parks and Recreation is in need of volunteers to fill several job duties for these races to be a success. If you have Beta hours, service hours or just some extra time this is a great opportunity for you to get 3+ hours and have fun doing it.

All volunteers will receive a t-shirt for working and your name will be put in a drawing for one of the door prizes.

Please fill out form and mail to OC Parks and Recreation or call 502-225-0655 ext. 5402.

Name: _____
 Phone (H): _____ (C): _____
 Shirt Size: S M L XL XXL

Volunteer Opportunities with Start Time:

- (Check jobs you wish to help with)
 (You can check more than one)
- _____ Water stop (7:30 a.m.)
 - _____ Course directions (7:30 a.m.)
 - _____ Registration (6:45 a.m.)
 - _____ Course prep. (6:00 a.m.)
 - _____ Course Tear Down
 - _____ Finish Line (7:30 a.m.)



Make checks payable to Oldham County Parks and Recreation

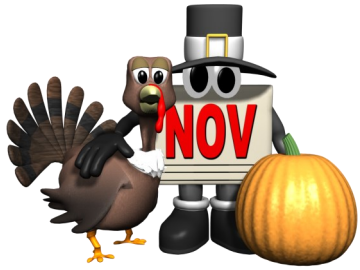
Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____
 Date of Birth _____ Age _____ Gender: Male Female Walker Div. Runner Div.
 Shirt Size S M L XL XXL (add \$2.00 for XXL shirt)

Send entry form and check to:
 Turkey Trotter 5 Mile Run/Walk
 1551 N. Hwy 393
 LaGrange, KY 40031

I, the undersigned participant in "Oldham County Parks and Recreation 2022 Turkey Trotter 5 Mile run/walk, do hereby agree for myself, my heirs, executors, and assigns that Oldham County Parks and Recreation, Oldham County Fiscal Court and any agents, officers, employees, and sponsors thereof, shall be released from any and all claims for personal injury or injury, loss, or damage to personal property suffered or sustained by me in connection with, or arising out of or resulting from, any and all activities associated with the "Oldham County Parks and Recreation 2022 Turkey Trotter 5 Mile Run/ walk while on or about the premises of the United States, Commonwealth of Kentucky, Oldham County, Oldham County Parks and Recreation Department. I further assume the risk of personal injury, loss, or damage to myself and loss, injury, and damage to my property while on the above premises and while participating in the above activities. I understand that I, my child or any family member(s) may be photographed during the course of this Oldham County Parks and Recreation program and the photographs may be used in print media or on the internet for promotional purposes.

Signature or (signature of parent if under 18)

Entry Form (circle races entering)	
Turkey Trotter	\$30/\$40
Total	



360° Chiropractic

Turkey Trotter 5 Mile Run/Walk

Saturday, November 19, 2022

Wendell Moore Park

Race begins at 8:00 a.m.

Distance:

5.0 miles - Runners.

2.5 miles - Walkers.



Registration Fees:

\$30.00 early registration, \$40.00 after October 21st. All pre-registered entrants guaranteed a long sleeve t-shirt, late registrants will receive shirts while supplies last. Online Registration closes Friday, November 18th at 2:00pm.

Race Day:

Packet pickup, Saturday, November 19th, 7:00—7:50am. Awards ceremony starts at 9:30 a.m. or when last runner/walker finishes.

All participants will receive a finish medal.

Awards:

Awards will be given for the overall Male and Female plus the top finishers in each of the following age groups: 10 & under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

COURSE MAP

Course is made up of cross country, dirt trail, road and paved trails. This race has it all. This course will challenge even the best of runners.

Sponsor



Dr. Kathy J. Pansegrau, B.A., D.C.

www.360dc.net 502-241-8939

360° Chiropractic specializes in the treatment and prevention of spinal health conditions for adults, children, athletes, and expectant moms in a comfortable, modern, healing environment. Patients seeking treatment at 360° Chiropractic with Dr. Pansegrau are assured of receiving only the finest quality of care through the use of state-of-the-art chiropractic equipment and the newest technology. No matter if you are suffering from headaches, neck pain, back pain or sciatica, we are prepared to help.

360° Chiropractic is proud to present Kinesio Taping to Oldham County and the Greater Louisville area. Kinesio Taping is a therapeutic and sports taping breakthrough that offers the patient or athlete the support they are looking for while rehabilitating the affected area. Kinesio Tape is an ideal treatment whether you're trying to achieve immediate results or steadily improving a debilitating condition. Kinesio Tape is sturdy enough that it holds up during the fiercest world-class competition and can enhance your performance and protect you from injury and muscle fatigue.

2023 Race Dates

Clover Leaf 5K Run/Walk:

Saturday, March 18th

Down & Dirty Obstacle Mud Run

Saturday, May 20th

Old-Ham Half Marathon

Saturday, June 10th

Firecracker 5K Run/Walk

Saturday, July 8th

Sprint Triathlon

TBA

Skeleton 5K Run/ Walk

Saturday, October 21st

Turkey Trotter 5 Mile Run/ Walk

Saturday, November 18th

Wendell Moore Park

1551 North Highway 393

LaGrange, KY 40031

- Go to www.oldhamcountyky.gov and click on parks and recreation to get maps to each park.