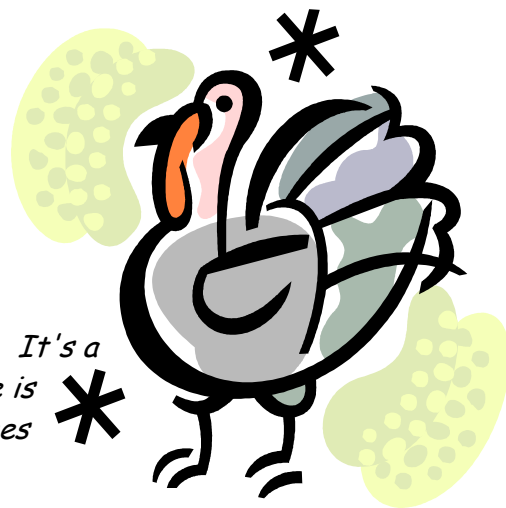


29th Annual Turkey Trot Trail Run (No Fee)

Thursday November 25, 2010

✿ Presented by Trail Runners Club, a California nonprofit corporation for the benefit of the trail running community at no cost to participants. ✿

This is not a race, but rather an exciting and scenic 9.5 mile trail run. It's a loop course, starting and finishing at the same location. The first mile is through a beautiful green canopied canyon, followed by scenic stretches on meandering fire roads with an elevation gain of 1400 feet.



Carry water, there is none on the course. No walkers, dogs, t-shirts or aid stations. Rain cancels. Refreshments served at the finish.

Directions: From the Santa Monica Freeway, (Interstate 10), drive north 4 miles on PCH to Sunset Boulevard. Drive 0.3 miles east on Sunset to Palisades Drive. Turn left onto Palisades Drive and continue up the hill for 2.4 miles. Turn left just past the small restaurant onto Vereda de la Montura and park or park on Palisades Drive. Please do not park on Michael Lane. This is a residential area... please approach the area quietly and keep the noise down.



NOTE: *This is course #18 in the "50 Trail Runs in Southern California" book.*

Please arrive no later than 7:00 a.m. - Introductions at 7:30 - Begin running at 7:45 a.m.

Please mail "No Fee" Registration to:

Trail Runners Club, 1035 Anoka Place, Pacific Palisades, CA 90272
info@trailrunnersclub.com (310) 459-3757 Web site: <http://www.trailrunnersclub.com>

Please Print Clearly: Last Name _____ First Name _____

Address _____ Apt # _____ City _____ Zip _____

Phone () _____ Email _____ F M

WAIVER: I know that running in the mountains is a potentially hazardous activity. I shall not run unless I am medically able and properly trained. I assume all risks associated with trail running including travel to or from events & including, but not limited to falls, contact with other participants, the effects of the weather, including cold weather, rain, high heat and/or humidity, the conditions of the trails, all such risks being known and appreciated by me, and including all injuries or death that may be suffered by me before, during, or after a run. I understand that these are mountain trails, away from medical services, and that there are rattlesnakes, mountain lions, ticks, poison oak, and other potentially dangerous and harmful elements in the area. **Having read this waiver** and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Trail Runners Club, their agents and representatives, and all sponsors, their representatives and successors and anyone or any others associated with this run, or any fellow runners or their agents, representatives and successors from all claims or liabilities of any kind arising out of my participation in a run even though liability may arise out of negligence or carelessness on the part of any persons connected with this event. I attest that I am physically fit & sufficiently trained for this, my physical condition verified by a licensed Medical Doctor during the last six months. I am aware that this is a non-competitive wilderness run and I will treat it as such. I am aware that there is a possibility for inclement weather & will carry appropriate clothing with me should such weather occur. I will be totally responsible for my own safety, health, nutritional needs, drinking water needs & general well being.

I acknowledge that I have read & understand all of the above.

DATE _____ SIGNATURE _____

\$45 12-month TRC club membership discounted to \$35 through 12/20/10.

