



## 5K Walk/Run • 1 Mile Fun Run • Tot Trot

**LOCATION:** Wellness Center of Cape Coral, 609 SE 13th Court, Cape Coral, 33990

**TIME:** **Race Day (11/28) Event Schedule** ([COURSE MAP](#))  
Registration 6:00 AM  
5k Run/Walk 7:30 AM  
1Mile Fun Run 8:45 AM (after 5k)  
Tot Trot 9:15 AM (after 1Mile)



**PROCEEDS:** Proceeds for the 40th Annual Turkey Trot benefit two Lee County programs that promote and reward healthy living and awareness in the community. The Fort Myers Track club has pledged \$50,000 in proceeds to the 40th Annual Turkey Trot to help build the Wellness path at Cape Coral Hospital as part of the future Pathway to Discovery. Additional proceeds will go to the Fort Myers Track Club Youth and Scholarship programs.

### ENTRY FEES PRE-REGISTRATION:

|   |                       |                             |                       |
|---|-----------------------|-----------------------------|-----------------------|
| *5k Run/Walk                              | \$25.00 / \$20 Member | *5k Youth                   | \$15.00 / \$12 Member |
| *5k (after 11/25)                         | \$30.00 / \$24 Member | *5k Youth (after 11/25)     | \$20.00 / \$15 Member |
| 5k On Race Day                            | \$40.00               | 5k Youth Race Day           | \$40.00               |
| 1 Mile Fun Run \$15.00 / \$12 FMTC Member |                       | Tot Trot \$ 5.00 (no shirt) |                       |

\*FMTC member discounts apply for indicated registration class. **NO DISCOUNTS RACE DAY!** Members must be logged into their individual Chronotrack account to receive their discount when registering online.

### REGISTRATION & PACKET PICK-UP:

Friday, Nov. 22 NOON - 5 PM

#### Snyderman's Shoes

1900 Trailwinds Dr. In Fort Myers

Saturday, Nov. 23 10AM – 2PM

#### Run Florida

13101 McGregor Blvd. Fort Myers

Wednesday, Nov. 27 NOON - 6PM

Race Day, Nov. 28 6:00 AM

#### Cape Coral Hospital Wellness Center

609 SE 13th Court Cape Coral

## WINNERS

Receive a pumpkin pie!

- First Place in each 5K division Male & Female
- 3 Best Turkey/Thanksgiving themed costumes
- First place Male and Female in the 1 Mile (must be registered for the 1 Mile to be eligible)

### OVERALL AWARDS:

All Overall awards will be based on **Gun Time**.

- Top Male and Female Overall Winners
- Top Male and Female Masters Winners
- Top Male and Female Grandmaster Winners
- Top Male and Female Senior Grandmaster

### AGE GROUP AWARDS:

All Age Group awards will be based on **Chip Time**.

Five awards are given in each age division  
Male & Female:

|             |               |
|-------------|---------------|
| 9 & under   | 10-12         |
| 13-15       | 16-19         |
| 20-24       | 25-29         |
| 30-34       | 35-39         |
| 40-44       | 45-49         |
| 50-54       | 55-59         |
| 60-64       | 65-69         |
| 70-74       | 75-79         |
| 80 & Up     |               |
| Oldest Male | Oldest Female |



**MAIL-IN REGISTRATION:** Mail [PRINTABLE APPLICATION](#) to Fort Myers Track Club by Nov. 20th, P. O. Box 60131, Fort Myers, FL 33906

**REFRESHMENTS:** A variety of food and drink will be available to participants.

**STRICTLY PROHIBITED:** unregistered participants, unauthorized vehicles, bicycles, roller blades, skates, skateboards, strollers and pets are strictly prohibited. Baby joggers are allowed but participants must start and remain at the back of the runners/walkers, thereby not interfering (passing, swerving between) with the other participants.

**CHIP TIMING:** This event will be timed with the ChronoTrack Bib Tag Technology. Your Timing Strip is attached to your race number. Do not remove this tag, fold or wrinkle it or your race number. The race number must be attached on the front for accuracy. Do not cover your race number (Tag) with a jacket. Simply pin all four corners to your running shirt (front). This event will have a Chip Start and Finish.

**HEAT WARNING:** Temperatures/humidity can be high in South Florida. Participants should drink plenty of fluid (non-alcoholic) for 48 hours prior to, during and upon finishing the race. Beware of heat-injury symptoms (dizziness, no sweating, nausea, cramps, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose, light-colored clothing.