

# Thanksgiving Day

43<sup>rd</sup> Annual



Thursday, November 22  
9:00am



Highland, Indiana



Lincoln Community Center  
2450 Lincoln Street  
Highland, IN 46322  
219-838-0114  
[www.highlandparks.org](http://www.highlandparks.org)  
[Facebook.com/highlandparks](https://www.facebook.com/highlandparks)



Highland Parks & Recreation  
2450 Lincoln Street  
Highland, IN 46322

## THE COURSES

This chip-timed race will begin near the intersection of Highway Ave. and Kennedy Ave., continue south, loop through the streets of Highland, and finish at Lincoln Community Center.



- USATF CERTIFIED 10k COURSE, IN13031TDK
- 5k course is unofficial and will start at 9:15am
- Walkers line up on Jewett St. and begin after last runner passes.
- Race services provided until 10:40am

## REGISTRATION INFORMATION

Fees	On or before 11/19	Race Day
Runners:	\$20	\$25
Walkers:	\$15	\$20

Mail entries (postmarked by 11/19) to: Highland Parks & Recreation 2450 Lincoln St., Highland, IN 46322. Make check / money order payable to Highland Parks & Recreation. Do not mail cash.

Online registration available through Nov. 19 at <https://register.highlandparks.org>

Race day registration takes place at Lincoln Center from 7:30-8:45am (CASH/CHECK ONLY)

### DIVISIONS FOR 10K RUN / 5K RUN (M=MALE, F=FEMALE)

F 14 & U	F 30-34	F 50-54
M 14 & U	M 30-34	M 50-54
F 15-19	F 35-39	F 55-59
M 15-19	M 35-39	M 55-59
F 20-24	F 40-44	F 60-64
M 20-24	M 40-44	M 60-64
F 25-29	F 45-49	F 65+
M 25-29	M 45-49	M 65+

### SHIRTS / AWARDS



- T-shirt included for all participants through the financial assistance of various sponsors.
- Specific size not guaranteed for race day registrants
- Shirt pick-up: Lincoln Center fieldhouse, Wed. Nov. 21, 5-9:45pm or race day 7:30am
- Post-race awards also held in fieldhouse
- Pumpkin pies awarded to top 3 in each div.
- Plaques awarded to top male & top female.
- Race results will be posted at [thtiming.com](http://thtiming.com)
- Any shirts not picked up on race day will be available at Lincoln Center for 30 days following the race



## REGISTRATION FORM 2018 PUMPKIN PLOD

First Name		Last Name	
Street Address			
City		State	Zip
Phone #		Gender (M/F)	
Date of Birth		Age on Race Day	

Circle one: 10k run 5k run 5k walk

Long Sleeve T-shirt Size (circle one):

YS - YM - YL - AS - AM - AL - AXL - AXXL - A3XL - none

### Waiver and Release

I know that participating in a road race is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained to do so. I hereby assume the risks inherent in this event, including but not limited to injury or property damage caused by falls, contact with other participants, or race officials, the effects of the weather, traffic and road course conditions. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and course of action I have or may have against the Town of Highland, Highland Parks and Recreation Department, and race sponsors, that may arise as a result of my participation in this event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising. I understand and agree to the waiver and release\*

Signature

Date

\*(If under 18, must have signature of parent or guardian)

**Office Use Only:** Receipt #: \_\_\_\_\_