



Sea Colony.
TURKEY TROT
5K RUN & WALK



December 1, 2024
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 & Paper Form submission ends Wednesday, November 27, 2024)

\$35 Registration Fee (Race Day Registration)

Online registration available at seacolony.com/events no later than Saturday, November 30, 2024 at 10 p.m.

I have completed the online waiver on seacolony.com

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