



**Southern
Home Health**

*Miles for Meals 1st Annual Turkey Trot
3K Walk/Gumbo Cook Off*

Live Music By Louisiana Scramble w/Special Guest Joel Sonnier

Sat., Nov. 12th, 2011 Prien Lake Park Outdoor Pavilion

*Time: 8:00 a.m. - Registration Begins
8:45 a.m. - Opening Ceremonies
9:00 a.m. - Walk Begins*

*Cost: \$20 per person Pre-Registration by mail to address
below or online at www.calcoa.org
\$25 per person Day of Registration
\$10 per person Age 60 and over
Teams get creative with your shirts for 1st, 2nd & 3rd place prizes*

*Gumbo Cook Off will be going on during Registration for you to enjoy following the walk.
For info on Registration form for Gumbo Cook Off please contact
Robin Abshire @ 309-6861 or Jackie Helbert @ 302-6960.
Gumbo will be sold for \$5 a bowl to also benefit Meals on Wheels program*

Register by mail to: CCOA, 3950 Hwy 14, Lake Charles, LA. 70607 or Register Online @ www.calcoa.org

Name: _____

Address: _____

Phone: _____ Email: _____

T-shirt Size: (Please check one) AS _____ AM _____ AL _____ AXL _____ A2X _____ A3X _____

XS _____ XM _____ YL _____ XXL _____

While Supplies last each participant receives a t-shirt with their donation. We recommend picking up your T-Shirt before the walk by Nov. 7th, 2011 all proceeds from event benefit the CCOA Meals on Wheels program.

WAIVER: PARTICIPANT PLEASE PRINT AND SIGN YOUR NAME

In consideration of being allowed to participate in the Miles for Meals Walk/Run, I hereby waive and relinquish any claims whatsoever I may have or come to have against Calcasieu Council on Aging, national and local, organizers, sponsors, volunteers or any personnel and their heirs, representatives, successors and assigns, caused by personal injury or property damage, regardless of fault, and hereby agree to indemnify those released in case of claims/or suit being brought by any participant.

Dated this _____ day of _____, 2011.

Print Name: _____ Signature: _____