

# 2023 TORNADO TROT & TRAIL

*All proceeds go to Handlebars of Hope*

Saturday, June 24, 2023  
Reading City Park, Reading, KS  
**Registration/Check-In opens at 6:30am**  
**Official start: 7:30am/Rolling start: 7:30am – 8:30am**  
**Registration/Check-In closes at 8:30am**

**Please circle the event you are registering for:**

5K Run or Walk  
14.5 Mile Bike Ride  
26.5 Mile Bike Ride

All events are non-timed.

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency contact person name & phone number: \_\_\_\_\_  
\_\_\_\_\_

EVENT FEE: \$25.00 (18 and over)      \$15.00 (under 18)

**Registration & payment must be received by June 10<sup>th</sup> to receive a Tornado Trot & Trail T-shirt!**

One t-shirt included with every registration. Please mark your size.

Youth Small \_\_\_\_\_ Youth Medium \_\_\_\_\_ Youth Large \_\_\_\_\_

Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_ Adult XLarge \_\_\_\_\_ Adult 2X (+\$2.00) \_\_\_\_\_

**Register before June 1<sup>st</sup> to be entered into a drawing for running and biking gear!**

**We are taking orders for extra t-shirts. Cost is \$20.00. Please indicate below if you would like to order additional t-shirts.**

Youth Small \_\_\_\_\_ Youth Medium \_\_\_\_\_ Youth Large \_\_\_\_\_

Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_ Adult XLarge \_\_\_\_\_ Adult 2X (+\$2.00) \_\_\_\_\_

**\*\*Helmets are MANDATORY to participate in the bike ride.**

**\*\*Riders 15 & under must be accompanied on the ride by an adult.**

WAIVER of Liability

I (or parent/guardian for participants under age 18) accept that this could be a hazardous activity and accept all risks associated with participating in this event. I agree that in the event of mishap, I will not hold the City of Reading, Tornado Trot & Trail organizers and/or volunteers responsible for any injury or loss. In case of inclement weather, we reserve the right to cancel. No refunds.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

(Parent/Guardian must sign if participant is under 18)

**MAKE CHECKS PAYABLE TO: Tornado Trot & Trail**

Mail form and payment to:

Nancy Standiferd  
2715 Emmer Road  
Lebo, KS 66856

Follow us on Facebook: Tornado Trot & Trail. Please email [tornadotrot@gmail.com](mailto:tornadotrot@gmail.com) with any questions.