



# 18th Annual Turkey Day 5K



Thursday, November 27th, 2014

**Where:** Victory Post #155 American Legion Westernport, MD

**Start Time:** Registration at 8 a.m. / Race time at 9:00 a.m.

**Course:** Route 36 Westernport to Franklin and back

**Registration:** \$20 before November 20th , \$25 after November 20th

\*Early Registration for Families: 2 - \$28, 3 - \$48, 4 - \$60, 5 - \$70, 6 - \$80

**Make Checks Payable To:** Mountain Ridge Cross Country

**Mail Registration To:** Tom Dawson

(301) 463-6231

17 Island Street, Lonaconing, MD, 21539



**Benefits:** Mountain Ridge Cross Country Team

**Awards:** T-shirts & pumpkin pies; Plaques to the top male and female for the 5K run

**Age Groups:** >10, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70<

## WALKERS WELCOME

Cut Here

Please Check:  5K  5K Walk  Male  Female

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

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

**T-shirt Size:** S M L XL **Age On Race Day:** \_\_\_\_\_

**Waiver:** I have trained for this event and release and waive all rights or claims for damages I may have against Queen City Striders, Road Runners Club of America, and their volunteers in participation of this event.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Guardian If 18 Years of Age:** \_\_\_\_\_