



20th Annual Turkey Day 5K

Thursday, November 24, 2016



Location: 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

1. **Registration:** \$20 before November 17th, \$25 after November 17th

6 - \$80

***Early** Registration for Families: 2 - \$38, 3 - \$50, 4 -

\$60, 5 - \$70,

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

Name _____

Address _____

Please Check: 5K 5K Walk Male Female

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: _____