



# 22<sup>nd</sup> Annual Turkey Day 5K

## Thursday, November 22, 2018



**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 17<sup>th</sup>, \$25 after November 17<sup>th</sup>

\***Early** Registration for Families: 2 - \$38, 3 - \$50, 4 - \$60, 5 - \$70, 6 - \$80

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

**Mail Registration and Fee To:** Doug Baker; Mountain Ridge HS  
100 Dr. Nancy Grasmick Ln  
Frostburg, MD, 21532

**Contact:** [dougpbaker@gmail.com](mailto:dougpbaker@gmail.com) ; [nderosa57@hotmail.com](mailto:nderosa57@hotmail.com)

**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** \_\_\_\_\_

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

Please Check:  5K  5K Walk  Male  Female

**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:** \_\_\_\_\_

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