



13th ANNUAL TURKEY DAY 5K RUN

Thursday Nov. 26th, 2009

Sign up race morning for 3 person Alumni Teams!

Where: Victory Post #155 American Legion
Westernport, Maryland

Course: Route 36 Westernport to
Franklin and back

Registration: \$15 before Nov. 20th
\$20 after Nov. 20th



*****Early Registration for families: 2- \$28, 3- \$40, 4- \$50, 5 and over- \$60**

Proceeds Benefit: Mountain Ridge Cross Country Team

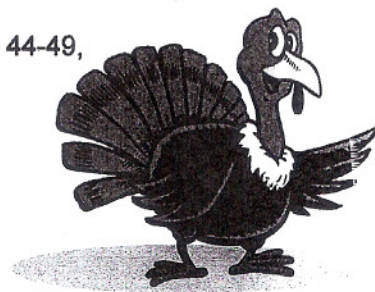
Start Time: Registration 8 a.m. / Race Time 9 a.m.

Awards: T-shirts
Pumpkin Pies!
Plaques to the top male and female for the 5K Run

(9 and under, 10-12, 13-15, 16-19, 25-29, 30-34, 35-39, 40-44, 44-49, 50-59, 60-69, 70 and over) Walkers are welcome!

Make checks payable to: Mountain Ridge Cross Country

Mail Registration to: Tom Dawson (301) 463-6231
17 Island St.
Lonaconing, Maryland 21539



Last Name: _____ First Name: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Male: _____ Female: _____ 5K Run: _____ Walk: _____

T-shirt size: Small _____ Medium _____ Large _____ X-large _____

(Available to all pre-registered participants and while quantities last!)

Waiver and Release: I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically stable. I assume the risks associated with involvement, including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the Mountain Ridge High School, Queen City Striders, Road Runners Club of America, the Town of Westernport, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this event.

Signature of Entrant: _____ Date: _____