



Manor Lake Turkey Trot

Thursday, November 22, 2018

5K run and 1-mile fun run/walk

Run the race before you stuff your face!

Please join this neighborhood family and pet friendly event on Thanksgiving Day. Feel free to wear your best holiday themed gear. You can also volunteer or cheer on your neighbors during the event.

When: Thanksgiving Day morning
8:15 a.m. – Check in
9:00 a.m. – Start 5K run
9:15 a.m. – 1 mile fun run/walk; low key non-timed event



Where: Event begins and ends at the elementary school parking lot, 15101 Bauer Drive

Registration is free for all Manor Lake Civic Association members, their family and/or guests. For other Manor Lake and surrounding area residents there is a fee of \$5 per person, with a maximum of \$10 per household. All participants must pre-register (non-members must pay fee) at www.ManorLake.org. Or by mail at the address below. Donations will also be accepted and will go towards the Manor Lake Rocking Spring Drive entrance way sign lighting improvement project.

T-Shirts: Long sleeved event t-shirts are available for pre-order for \$10. They will be distributed on site.

REGISTRATION

Number planning to participate in the: 5K _____, 1 Mile _____

My household is a member of the MLCA: Yes/No? ____ (Yes = No fee)

Total Fee (only for Non-Member households): _____
(1 participant = \$5, 2 or more = \$10)

Name(s): _____

Household Address: _____

Email: _____ Phone: _____

Purchase t-shirt: Yes ____ No ____

Shirt orders must be received by MLCA by Nov. 10, 2018

Unisex Sizes

| | | | | | | |
|-------|----|---|---|---|----|-----|
| Adult | XS | S | M | L | XL | 2XL |
| Kids | | S | M | L | XL | |

Size(s) & Quantities: _____

Payment: by PayPal at www.ManorLake.org
or send check made payable to MLCA
P. O. Box 768, Rockville, MD 20851

Release of Liability

I know that participating in a road race is a potentially hazardous activity. I affirm that I am medically able and properly trained to participate in this event. I assume all risks associated with this event including, but not limited to, heat exhaustion, falls, contact with other participants, effects of weather, dangerous traffic conditions, etc., all such risks being known and recognized by me.

By completing this registration form, I hereby agree, for myself and my heirs, assigns, personal representatives, executors and administrators, to waive, release, and forever discharge the Manor Lake Civic Association (MLCA) and its respective board, members, volunteers, sponsors, suppliers and any other personnel assisting or connected with this event, any rights, claims, or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in the Manor Lake Turkey Trot on 11/22/2018.