



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

New this year: bib numbers and pre-event packet pick up and get together



Registration is free for Manor Lake Civic Association (MLCA) member households. All other participants may register for \$5 individual/\$20 household.

Participants and volunteers should register at www.manorlake.org/pages/529235697 or complete this form and email to TurkeyTrot@ManorLake.org. Additional donations will be accepted and used toward community projects.

T-Shirts: Long sleeved event t-shirts are available for pre-order for \$15. They will be distributed along with bib numbers the week of the event. There will be a limited number of shirts available for purchase at the event.

T-Shirt pre-orders are due by Sat. 11/03/18.

REGISTRATION

Number planning to participate in the: 5K ____ 1 Mile ____ I would like to volunteer for the event ____

MLCA membership? ____ Non-member rate: \$5 per individual, or \$20 per household

Join at www.ManorLake.org **Registration amount due (if non-member): \$ _____**

Name(s): _____

Address: _____

Email: _____ Phone: _____

Purchase T-shirt: Yes ___ No ___ **Shirt amt. due @ \$15 ea. \$ _____**

Shirt orders must be received by MLCA by 11/03/18

Unisex Sizes: Total Amount Due, Registration + Shirts \$ _____

Adult:	S	M	L	XL	2XL	Kids:	S	M	L
Quantities:									

Instructions: Download & complete form, re-save it, print & mail form to address below **or** email it to TurkeyTrot@manorlake.org

Payments: 1. by PayPal www.manorlake.org/pages/529235697 **OR**
2. Send check 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/we are 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, my household members, or guests..

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 physical injury to me, my household members, guests or damage to personal property incurred in connection with participation in the Manor Lake Turkey Trot on 11/22/2018.