



# Manor Lake Turkey Trot

Thursday, November 28, 2019

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  
8:30 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  
Pick up t shirts and bib numbers at registration

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 pre-register at [www.ManorLake.org](http://www.ManorLake.org) or complete this form and email to [TurkeyTrot@ManorLake.org](mailto: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 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 Friday, 11/08/2019.**

## REGISTRATION

I/we will **participate** in the: 5K \_\_\_\_\_ 1 Mile \_\_\_\_\_ *I would like to volunteer* \_\_\_\_\_

Individual \_\_\_\_\_ Household \_\_\_\_\_ (# participating)  
Non-member rate: \$5/individual, \$20/household

MLCA membership? \_\_\_\_\_ Join at [ManorLake.org](http://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 11/08/2019.**

Adult	S	M	L	XL	2XL	Kids	S	M	L
Quantity									

Unisex sizing **TOTAL amount due, registration + shirts \$ \_\_\_\_\_**

Please complete form, save, and email to [TurkeyTrot@manorlake.org](mailto:TurkeyTrot@manorlake.org)

- Payments:
- by PayPal at [www.ManorLake.org](http://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/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 11/28/2019.