

15TH ANNUAL 5K TURKEY TROT

TO BENEFIT



THANKSGIVING
NOV. 28, 2019
8:00AM
MCCULLOUGH FIELD
LAUREL, MD
5K / 1 MILE



\$30 until Oct 1 / \$35 Oct 1-31 / \$40 Nov 1-Race Day

Completed registration forms and payment can be mailed or dropped off to:
LARS / 311 Laurel Ave / Laurel, MD 20707

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ - _____ Email: _____

Birthdate: ____/____/____ T-Shirt Size: XS S M L XL XXL

Upgrade to performance/athletic t-shirt for \$5 extra? Yes No

Event: 5K Run 1 Mile Walk Sleepwalker Sex: M F

Waiver & Release: In consideration of your accepting my entry, I, intend to be legally bound for myself, my heirs, my executors, and administrators, do hereby release and discharge Laurel Advocacy and Referral Services, Inc. and all other contributors from any and all liability arising from illness, injury, and damages that I may suffer as a result of my participating in this event. I also understand that any sponsors may use for publicity of the 5K/1 Mile Walk for LARS, my name and/or picture without any obligation or liability to me.

Signature: _____ Date: _____

(Parent or guardian must sign for participants under 18)

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