

2019 FRC 5K/10K Turkey Trot/Kid's Fun Run

Saturday, November 23, 2019 @ the UMF Fitness & Recreation Center

Race Day Registration: 8:30-9:30 am

Kid's Fun Run (10 and under): 9:45 am

5K/10K Turkey Trot: 10:15 am

Age Group Categories

- 13 and under
- 14-18
- 19-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

Kid's Run Categories

- 6 and under
- 7-8
- 9-10



Chip timing provided by



*** Awards to the top male and female finisher in each category***

REGISTRATION FORM

Name: _____ Sex: M / F D.O.B. _____ Age: _____

Mailing Address: _____

Email: _____ Phone #: _____

T Shirt size: Adult S / M / L / XL
 Youth S or M

T Shirts to the first 100 registered in the 5K/10K (shirts to the first 20 registered in the kid's run)

Pre-Registration Fees:

(Must be postmarked by Thur, Nov 21)

- 10K Road Race \$20/UMF students \$15
- 5K Road Race \$15/UMF students \$10
- 1 Mile Kids Run \$5

Race Day Fees:

(November 22 and 23)

- 10K Road Race \$25/UMF students \$20
- 5K Road Race \$20/UMF students \$15
- 1 Mile Kids Run \$8

Mail-in registration (only available during pre-reg and must be post marked by 11/21/19) can be sent to:

Run In A Race, P.O. Box 144, Freeport, ME 04032

- I have enclosed a check/money order. Checks can be made payable to **Run In A Race**
- Please charge my credit card. Card # _____

Exp. Date _____ Visa/Mastercard/Discover

Name which appears on card _____

Billing Address _____

Phone Number _____

Signature of card holder _____

Walk-In Registration available at the UMF Fitness and Recreation Center (walk-in checks can be made payable to UMF FRC).

Online Registration available at www.runinarace.com.

Please sign back.

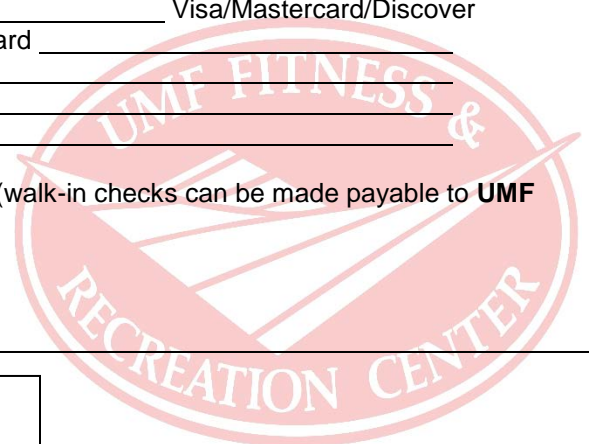


Photo Release: I hereby grant the UMF FRC permission to use, reproduce, publish, or distribute any photographs, films, videotapes and or sound recordings of me for use in the materials the UMF FRC may create.

Participants Signature: _____

Parent/Guardian Signature (if participant is under 18): _____

Hold Harmless Agreement

I hereby assume all of the risks and hazards incidental to the conduct of said activity. I hereby release, absolve, indemnify, and hold harmless, the University of Maine at Farmington, the UMF Fitness and Recreation Center, and the Fitness Center employees and volunteers from any damage and/or liability arising out of or in connection with the participation in said activity. In the event of injury to myself, I assume responsibility therefore, and hereby waive any and all claims for damages or loss against the University of Maine at Farmington, and the UMF Fitness and Recreation Center and its employees. The following physical disabilities should be noted: (if none, write "None") _____

Participants Signature: _____ Date: _____

Parent/Guardian Signature (if participant is under 18): _____ Date: _____