

Thanksgiving Day 5K

November 28, 2019

Location: The Arc of Southern Maryland
355 West Dares Beach Rd. Prince Frederick, MD

Time: Race starts at 7am (early arrival is recommended)
Same day registration opens at 6am

Early pick-up for bibs & t-shirts highly recommended!
Nov 26 & 27 at Project ECHO 12pm - 6pm

Entrance: **\$30** "Early-Bird" through Nov 21
\$35 Nov 22 - 28
\$25 kids 12-under

Free t-shirt only guaranteed if registered by Nov 10



Name: _____ Gender: _____ Birthdate: _____ Age: _____

Timed

Untimed

Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

2X is an extra \$2, 3X is an extra \$3

Short sleeve t-shirt (free): only Youth Small Medium Large XLarge 2X 3X None
guaranteed if registered by **Nov 10**

Upgrade to long sleeve shirt (**\$18 ea**): Small Medium Large XLarge 2X 3X None
only available if registered by **Nov 10**

2X is an extra \$2, 3X is an extra \$3

\$30 early bird (by Nov 21) \$35 race day rate (Nov 22 - 28) \$25 kids (12 - under) Registration total \$ _____

Check enclosed in the amount of: \$ _____ (Made payable to Project ECHO)

Credit Card charge in the amount of: \$ _____ Name on Card: _____

Card # _____ Exp: _____ CVV (3 digit code on back) _____

Billing zip code: _____



Project ECHO
Hope for the Homeless

Thank you for your support! For more information or to register online please visit www.ProjectECHO.net

Contact us at ECHOdevelopment@comcast.net or 410-535-0044

Project ECHO is located at 484 Main Street / Mailing address: PO Box 2764 Prince Frederick, MD 20678

I have read and understand the waiver (on the second page) **signed:** _____ **dated:** _____

Project ECHO Turkey Trot 2019 - Waiver and Release of Liability

I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Project ECHO Turkey Trot 5K (herein after the "Event") to be held on November 28, 2019 in Prince Frederick, MD, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to Project ECHO, the town of Prince Frederick, the race director, sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.
3. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act.
4. I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials.
5. I understand that all entry fees are non-refundable.

Please sign and date on front of registration form