

2009 Farm Team/FRC 5K Turkey Trot

10am Saturday Nov. 21, 2009 @ the UMF Fitness & Recreation Center
Kid's Fun Run (10 and under) @ 9:30am

Please Support the UMF Cross Country Team and the FRC!

Pre Registration

Due Date: Monday, Nov. 16th
Non Student Fee: \$10.00
Student Fee: \$8.00
Kid's Run Fee: \$2.00

Race Day Registration

Due Date: Saturday, Nov. 21 at 8:30am
Non Student Fee: \$15.00
Student Fee: \$10.00
Kid's Run Fee: \$5.00

Age Group Categories

Under 18
19-29
30-39
40-49
50-59
60+

Kid's Run Categories:
Under 6
7-8
9-10

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

Name: _____ Age: _____

Mailing Address: _____

Email: _____ Phone #: _____

T Shirt size: _____ (T Shirts to the first 100 registered in the 5K)

Please mail Pre Registration Entries to:
Ryan Wagner
Fitness & Recreation Center
152 Quebec St
Farmington, ME 04938

Pre Registration Deadline: Monday Nov. 16th

Please make checks payable to: UMF FRC

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): _____

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 it's employees. The following physical disabilities should be noted: (if none, write "None") _____

Participants Signature: _____ Date: _____

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

Proceeds will be contributed to the UMF Cross Country Team and the Fitness and Recreation Center.