

Fees: \$20 per participant

Age Groups And Awards

Each 5K racer will have the option to receive a race shirt; see registration form. Prizes will be awarded to the top 3 male and top 3 female finishers, top master male and female, and to the top three male and female finishers in each age group.

Age Groups

10 & under	40-44
11-12	45-49
13-15	50-54
16-19	55-59
20-24	60-64
25-29	65-69
30-34	70+
35-39	

Mail in Registration

Return registration form with fee to:
FCPRD

107 N. Kent Street
Winchester, VA 22601

Walk in registrations are welcome at the above address, M-F, 8 a.m. - 4:30 p.m.

Register online 24/7 at www.fcprd.net!

Make checks payable to Frederick County Parks and Recreation

Triple 5K Sponsors:



Media Sponsors:



The final race of the



3 RACES / 3 COURSES / 3 CAUSES

Thursday, November 28

Thanksgiving Day 5K

At Sherando Park

Benefitting Big Brothers/Big Sisters



Register

\$20 per participant

Online

www.fcprd.net

Mail in

FCPRD

107 N. Kent Street

Winchester, VA 22601

540-665-5678 for race information

16TH ANNUAL THANKSGIVING DAY 5K

Benefitting Big Brothers/Big Sisters

What better way to begin your Thanksgiving Day than this benefit event! Run, walk, or stroll prior to your Thanksgiving feast. This 5k run is an electronic chip timed event.

Prizes will be awarded to the top 3 male and top 3 female finishers, top master male and female, and to the top 3 male and top 3 female finishers in each age group!

HOLIDAY INN EXPRESS, WINCHESTER SOUTH IS PLEASED TO OFFER A SPECIAL RATE FOR ANYONE TRAVELING TO THE RACE ON WEDNESDAY NIGHT (11/27).

Pre-registered participants: race packets available for pick-up at the Sherando Community Center, T, 11/26 or W, 11/27, 4-9 p.m. Please state shirt size when registering. Onsite registrations will receive T-shirts while supplies last.

Fee: \$20

Kids race is free and begins at 9:45 a.m. on the track

Activity #5503-B

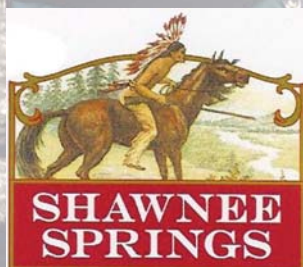
Day(s): TH

Date(s): 11/28

Time: Check in and onsite registration 7-8 a.m.; race begins at 8:45 a.m.

Location: Sherando High School, Stadium

Thanksgiving Day 5K Sponsors:



ROAD ID ~ OUTBACK ~ RUNNERS RETREAT ~ WAL-MART

Name _____

Address _____

City _____

State _____

Zip _____

Day Phone _____

Cell Phone _____

Email _____

☐ Activity #4006-B Thanksgiving 5K

☐ Male

☐ Female

Date of Birth _____

Shirt Size _____