

“If you can’t win, make the fellow ahead of you break the record.” - Unknown



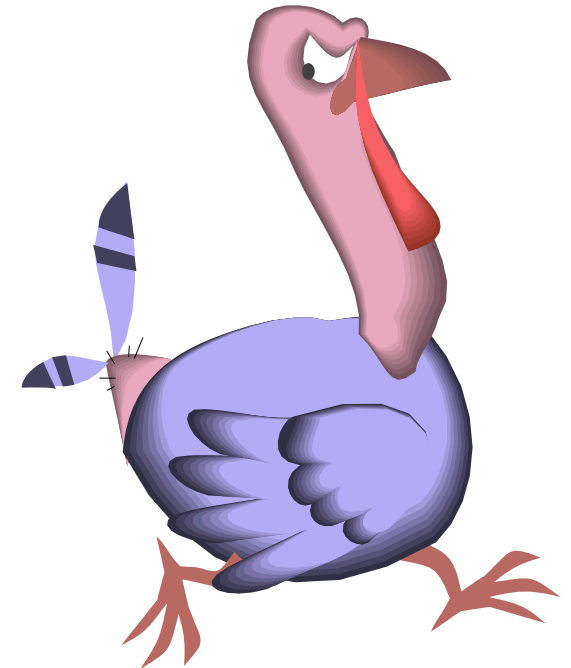
MOPS is a non-profit organization supporting mothers in our local community. The Elkins MOPS group meets to share fellowship, personal growth, and parenting tips to build strong moms.

**MOPS: First United Methodist Church
Kerens Ave.
9a.m. - noon during the school year
Contact: croson3@suddenlink.net**



5K Turkey Trot

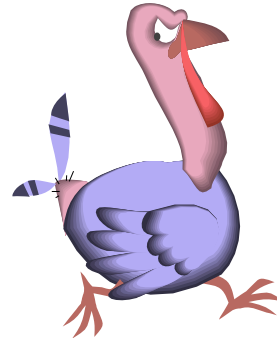
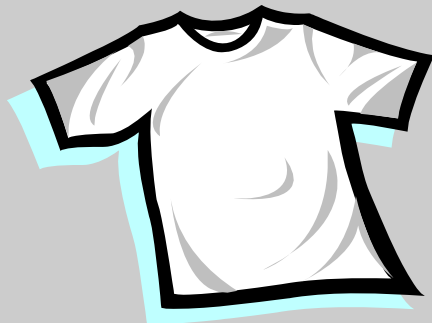
Saturday, November 12, 2011



Age Groups:
Adults = over 18
Youth = under 18

Prizes to:
**1st place Adult male &
1st place adult female
runners**
**1st place youth male and
1st place youth female**

**T-shirts guaranteed for all
who pre-register**



Elkins Rail Trail
10:00 a.m.
**Registration at Randolph
County Housing Authority**

- ▶ Registration 9:15—9:45
- ▶ Registration fee = \$15 (Make checks payable to “MOPS”)
- ▶ For pre-registration, mail before October 25th to:

Heather Croson
RR4, Box 251-4
Elkins, WV 26241

Additional Information

Contact Heather Croson
(717)303-2078 or
croson3@suddenlink.net

Name: _____

Address: _____

Phone # _____

E-mails _____

Age on 11/12/2011 _____

Please Circle: Male Female

Circle shirt size: Adult: S M L XL

Youth: S M L

I do not wish to receive a t-shirt as I wish to donate more to the organization.

Waiver and Release

I agree to assume all risks of injury, damages, or liability associated with participation in the 2011 MOPS 5K Turkey Trot. I understand that there are certain risks inherent to participating in athletic sporting events including, but not limited to, personal injury and property damage. I further agree to hold MOPS, First United Methodist Church, their agents, employees, and volunteers harmless from and waive all liability, actions, causes of actions, claims, expenses and damages on account of injury caused by their own negligence or otherwise. I further state that I have carefully read the foregoing release and know the contents thereof and sign this release on my own free act.

_____ Date: _____

Signature (Parent's or guardian's signature if under 18)