

Join the families and friends of the Meadowview, Lindenwood and Canterbury Estates along with families of the Mechanicsburg Cross Country Team at our Meadowview Thanksgiving Day 5k. Our XC athletes will serve as volunteers.

SPONSORS NEEDED! Please contact Terrie Evans at rikter@comcast.net Gold-Large logo \$250, Silver-Busines card size logo \$100, One line- Name (no logo) \$50

**Proceeds go to Mechanicsburg Cross Country Boosters.

ONLINE REGISTRATION ONLY:

Shirt Option <u>https://www.pretzelcitysports.com/onlineform1.php?id=1734</u> Hoodie Option <u>https://www.pretzelcitysports.com/onlineform1.php?id=1776</u>

DETAILS

Start Time:5K- 9AMLil' Trot- 10:00 AMStart Location:1713 Morning Star CT, Meadowview Development, Mechanicsburg, PA 17055

Parking: IMPORTANT! Please park at Friendship Park to avoid parked car hazards during the race.

Prohibited: No bikes, baby strollers or pets will be permitted during the Lil' Trot. This is to protect our little turkeys!

5K REGISTRATION: \$25.00 for general registration with long sleeve performance shirt, \$35 for 50/50 hoodie sweatshirt until November 12, 2023, at midnight. THAT IS THE LAST DAY TO REGISTER TO RECEIVE A TSHIRT OR SWEATSHIRT. Registration increases to \$30 November 13. Online registrations close November 20, 2023. Race day registrations only after this time. Race day registration \$30 and will be open from 8:00 AM until 8:30 AM ONLY.

LIL' TROT REGISTRATION: \$15.00 until November 12 at midnight to receive t-shirt and medal. Registration after that date will not receive a t-shirt or engraved medal with date. Online registrations close November 20, 2023. Race day registrations only after this time. Race day registration \$15 and will close at 9:00AM for Lil' Trot. Shirts and medals will not be available if not registered by the November 20 online closing date.

AWARDS: Over-all Male 1st-3rd 10 & under Male 1st-3rd 11-14 Male 1st-3rd 15-19 Male 1st-3rd 20-29 Male 1st-3rd 20-29 Male 1st-3rd 30-39 Male 1st-3rd 40-49 Male 1st-3rd 50-59 Male 1st-3rd 60+ Male



Over-all Female 1st-3rd 10 & under Female 1st-3rd 11-14 Female 1st-3rd 15-19 Female 1st-3rd 20-29 Female 1st-3rd 30-39 Female 1st-3rd 40-49 Female 1st-3rd 50-59 Female 1st-3rd 60+ Female

AWARL

LIL' TROT: ALL <u>preregistered</u> Lil' Turkeys receive a medal!

Awards: Over-all Winners: \$50 Gift Card 1st Place Large Pie 2nd Place Bread Loaf 3rd Place Pumpkin Cookies

5K SHIRTS: Long Sleeve performance shirts red with white print. Unisex sizes XS-3XL, Woman's sizes XS-L **OR Hoodie Sweatshirt** in red with unisex sizes S-3XL.

Lil' Trot Shirts: Short sleeve 50/50 T-Shirt youth sizes XS-XL. Same print.

Course:

