# **SPONSORS**



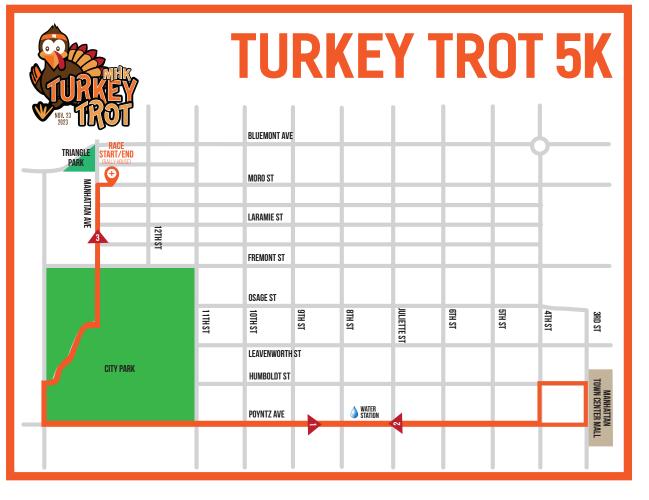


# **RACE BENEFICIARY**



THE FLINT HILLS BREADBASKET IS A COMMUNITY FOOD NETWORK THAT WAS FOUNDED INSIDE A SMALL SHED WHICH HOUSED MACHINERY FOR THE CITY OF MANHATTAN IN 1983. SINCE THEN, WE HAVE GROWN AND CONTINUE TO OFFER MUCH NEEDED FOOD ASSISTANCE THROUGH COMMUNITY DONATIONS AND VOLUNTEER SUPPORT.

HUNGER IS OFTEN AN INVISIBLE TRAGEDY. THE FLINT HILLS BREADBASKET HAS BEEN COLLECTING AND DISTRIBUTING FOOD SINCE 1983 TO ENSURE NO ONE IN THE COMMUNITY GOES HUNGRY.



**TURKEY TROT 5K NOVEMBER 23**, 2023



### **AWARDS** PLAQUES TO TOP MALE & FEMALE

### **PRIZES**

EVERY FINISHER WILL RECEIVE TURKEY TROT FINISHER MEDAL

### **ENTRY FEE**

\$25 PRE-REGISTRATION, \$30 AFTER NOV 14 15 & UNDER - \$15 PRE-REGISTRATION, \$20 AFTER NOV 14

### REGISTRATION

UNLESS YOU ARE REGISTERING ONLINE AT MHKTURKEYTROT.COM, MAKE CHECKS PAYABLE TO "MANHATTAN RUNNING CO."

### MAIL OR RETURN ENTRY FORM & PAYMENT TO:

MANHATTAN RUNNING COMPANY 1129 GARDEN WAY MANHATTAN, KS 66502

### **EMERGENCY CONTACT:**

BENSIGLE@MANHATTANRUNNINGCO.COM OR CALL 785-320-6363 REGISTER ONLINE AT:

OR PLEASE COMPLETE THE FOLLOWING FORM.

PRINT LEGIBLY				
NAME				
ADDRESS				
CITY				
STATE	ZIP	GENDER	AGE	
EMAIL				ON RACE DAY
PHONE				

#### SOFT STYLE TEE (NOT GUARANTEED AFTER NOVEMBER 11TH)



#### RELEASE WAIVER

I AGREE TO HOLD MANHATTAN RUNNING COMPANY HARMLESS AS TO ANY CLAIM FOR DAMAGES FOR ANY ACCIDENT OR INJURY OF ANY KIND RESULTING FROM MY PARTICIPATION IN THIS RACE. I ALSO GIVE MEDICAL PERSONNEL PERMISSION TO TREAT MY INJURIES IF I AM UNABLE TO MAKE THE DECISION FOR MYSELF.

PARTICIPANT SIGNATURE OR GUARDIAN, IF UNDER 18 DATE

### THURSDAY, NOVEMBER 23, 2023

### **RACE TIME**

9:00 AM

### **RACE DAY LOCATION**

THE CORNER OF 12TH & MORO

# PACKET PICK UP

NOV 21 - 10:00AM-7:00PM & NOV 22 - 10:00AM-5:00PM AT MRC 1129 GARDEN WAY NOV 23 - 7:30-8:45AM ON-SITE PACKET PICK UP AT 12TH & MORO

## **RACE DAY PARKING**

ALL RACE DAY PARKING SHOULD BE DONE ON KSU CAMPUS ACROSS FROM TRIANGLE PARK IN AGGIEVILLE OR PARKING GARAGE. PARTS OF AGGIEVILLE WILL BE CLOSED DOWN FOR THE RACE SO GETTING IN AND OUT WILL BE DIFFICULT.

### **ADDITIONAL INFO**

JOIN US FOR OUR 8TH ANNUAL MHK TURKEY TROT. COME OUT IN THE MORNING WITH YOUR FAMILY AND RUN WITH US BEFORE YOU EAT WITH THEM! RUNNERS, WALKERS, STROLLERS AND COSTUMES ARE ALL WELCOMED AND ENCOURAGED. ALL FINISHERS WILL RECEIVE A MHK TURKEY TROT FINISHER MEDAL! CAN'T WAIT TO SEE YOU ALL THERE.