



11TH ANNUAL 5K & 1 MILE WALK to benefit LARS



Laurel Advocacy & Referral Services, Inc. is a non-profit helping homeless and low-income people in crisis achieve stability and self-sufficiency.

*For more info, contact
Laura Wellford at
301.776.0442 x27*

TURKEY TROT

Thanksgiving Morning
November 26, 2015
8:00AM

REGISTER ONLINE:
www.laureladvocacy.org

Race starts at McCullough Field
8th & Montgomery St. / Laurel, MD
Scenic course along Patuxent River in Historic Laurel

REGISTRATION:

\$30 until Sept 30

\$35 Oct 1-31

\$40 Nov 1-Race Day

Acceptable
reasons to TROT:

1. Victory
2. Family bonding
3. Exercise
4. Valid excuse to dress like a can of SPAM
5. PIE!