



19<sup>th</sup> Annual Gladstone Turkey Trot 5K Run or Walk

Thursday, November 24, 2016 at the Gladstone Senior Center

Registration @ 7:30 am to 8:45 am EST; Walk begins at 8:45 am; Run begins at 9:00 am EST

For more information, call Daniel J Paul at 906-428-4457. This is an untimed race; all participants will receive a ribbon. **Minimum of 4 canned goods per person or a cash donation** will be accepted as the entry fee. Long sleeve T-shirts are available for pre-registrants for only \$15.00. All profits, including from the sale of the T-shirts will go to St. Vincent de Paul and Salvation Army. Checks are to be made to "Daniel Paul", 31 Tipperary Road, Gladstone, MI 49837. To guarantee a T-shirt, the applications are due by November 12, 2016, otherwise a limited amount of shirts may be available.

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Registration and Release Form

Full Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Email \_\_\_\_\_

I hereby waive, for myself and my heirs, executor, administrators, and all representatives, all rights and claims for personal injuries while traveling to and from and participating in, and property damage occurring as a part of or during the course of such athletic event at the Gladstone Turkey Trot, including the City of Gladstone, The Gladstone Knights of Columbus, and the Gladstone Senior Center, including all rights and claims which I may have against the organizers of such athletic event, and other associations connected with such athletic event, the owners, lessees, and occupants of premises and their respective agents, employees, customers, and invitees.

Circle T-Shirt size: (ALL SIZES RUN SMALL) Adult Small – Medium – Large – X-Large – XX-Large

\_\_\_\_\_  
Signature (Parent/Guardian if under age 18)

\_\_\_\_\_  
Age