## 10<sup>th</sup> Annual Gilman Memorial Turkey Trot



Saturday November 18<sup>th</sup>, 2017 Dodge Center, Minnesota 5k Fun Run/Walk with All proceeds donated to the Alzheimer's Association<sup>™</sup>.

Registration begins at 7:45 Run begins at 9:00. Starts and Ends at City Hall 35 East Main St in Dodge Center

## Register before 11/03/2017 to guarantee a T-Shirt.

Not a runner? We still need volunteers to act as course marshals the day of the run! Duties include having fun, being happy, and pointing people in the right direction! Alzheimer's disease has probably touched you personally in some way, whether through a family member or friend so you no doubt know the devastating effects of this disease. More than 5 million Americans now suffer from the effects of Alzheimer's disease.

In the event of inclement weather that causes us to cancel there will be no refunds given and all proceeds will still be donated to the Alzheimer's Association.

## **Entry Form**

Name:\_\_\_\_\_\_Address:\_\_\_\_\_\_State:\_\_\_\_\_State:\_\_\_\_\_State:\_\_\_\_\_State:\_\_\_\_\_ City:\_\_\_\_\_Phone:\_\_\_\_\_\_Age:\_\_\_Phone:\_\_\_\_\_\_Age:\_\_\_\_Birthdate: \_\_\_\_\_\_ Age:\_\_\_\_Birthdate: \_\_\_\_\_\_ Gender: \_\_\_\_\_\_ E-mail:\_\_\_\_\_\_ T-Shirt Size: S M L XL XXL Register Me As: (check one) \_\_\_\_\_\_Runner

 Volunteer (no charge, donations still welcome)

The Gilman Memorial Turkey Trot will begin and end at City Hall 35 East Main Street

Dodge Center MN

Registration is \$20 and will include a commemorative T-Shirt for the event. All runners will be entered into a drawing for Door Prizes after the race, and receive a swag bag.

Questions? Call 507-374-6742 or email bwilcox@dodgecenterchiropractic.com

Mail Entry forms to

Dodge Center Chiropractic 405 2<sup>nd</sup> Ave. NW Dodge Center MN 55927. <u>Checks payable to Gilman Memorial</u> <u>Turkey Trot</u>

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards. baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Dodge Center Chiropractic, The city of Dodge Center, the county of Dodge, all volunteers, and all sponsors, their representatives, and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature:\_\_\_\_\_

Date:

BROUGHT TO YOU BY DODGE CENTER CHIROPRACTIC