

GOBBLER GALLOP TRAIL RUN

Thursday, November 25, 2010 • Imerman Memorial Park • Saginaw, Michigan

PROCEEDS BENEFIT THE HAWKS RUNNING CLUB, SUPPORTING THE YOUTH RUNNING MOVEMENT IN THE SAGINAW TOWNSHIP AREA.

COURSE: The course is a beautiful, mostly flat, wood-chip trail through the woods and along the banks of the Tittabawassee River. The 5K course consists of two well-marked loops, while the 1.5 mile course will be one loop.

TIME: 5K begins at 9:00am, 1.5 Mile Youth Run (K-8) and 1.5 Mile Walk begin at 9:45

RACE FEE/REGISTRATION: \$5 (keeping trail racing affordable for the whole family!)
Race-day registration will be available from 8:00-8:45 at the park.

AWARDS: Pumpkin Pies to male and female winners in each race
Fun drawing for many other great prizes
No age-group awards for this race

REFRESHMENTS: Apple cider, water, cookies

FACILITIES: Vault toilets available at the park. No other facilities will be available.

PARK LOCATION: Imerman Memorial Park is located at 3495 Midland Road in Saginaw, Michigan.

MOTIVATION: The average adult will consumer over 4500 calories on Thanksgiving Day! Get a head start burning some of those calories off by running this race BEFORE you feast!

NAME _____ **GENDER** M F **AGE ON RACE DAY** _____

ADDRESS _____
Street _____ **City** _____ **State** _____ **Zip Code** _____

PHONE _____ **E-MAIL** _____

RACE: 5K RUN 1.5 MILE YOUTH RUN (K-8) 1.5 MILE WALK

I understand that running in a trail race is a potentially hazardous experience, and I will NOT hold the race director, the HAWKS RUNNING CLUB, or SAGINAW COUNTY PARKS AND RECREATION responsible for any injury that might arise due to my participation in this race.

Signature (parent or guardian if under 18)

date

make checks payable to Hawks Running Club

MAIL ENTRY FORMS TO:

Hawks Running Club c/o Daryl Bernard • 2268 S. Homer Road • Midland, MI 48640