

IN SUPPORT OF



THANK YOU TO OUR SPONSORS:



"LIKE" US ON FACEBOOK  
"GRAND VALLEY TURKEY TROT"

HOSTED BY:  
GRAND VALLEY RUNNING CLUB

# Grand Valley Turkey Trot November 22nd

## 5K Race \$17

**10AM GVSU**

The Grand Valley Running Club brings you the fifth annual Grand Valley Turkey Trot. Keeping the same beautiful course through GVSU's campus, this year will feature early packet pickup on Friday night as well as a commemorative pint glass.



### REGISTER ONLINE AT [MICHIANATIMING.COM](http://MICHIANATIMING.COM)

NAME: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ MALE FEMALE

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

I HEREBY DECLARE, ASSERT AND AFFIRM THAT PARTICIPATION IN GRAND VALLEY STATE UNIVERSITY TURKEY TROT 5K RUN/WALK IS DONE HAVING VOLUNTARILY AND KNOWINGLY ASSUMED ALL RISKS INVOLVED IN THIS SPECIAL EVENT. THE IMMEDIATE PHYSICAL RISKS AND HAZARDS ASSOCIATED WITH NORMAL, VIGOROUS PHYSICAL ACTIVITY INCLUDE (BUT ARE NOT LIMITED TO) PHYSICAL DISCOMFORT, FATIGUE, MUSCULAR SORPNESS, FALLS, PULLED OR STRAINED MUSCLES, OVERUSE INJURIES, HEAT STRESS, AND THE RARE INSTANCES OF ABNORMAL RESPONSES OF THE CARDIORESPIRATORY SYSTEM INCLUDING HEART ARRHYTHMIA, HEART ATTACK, STROKE, AND SUDDEN DEATH. IN CONSIDERATION OF ACCEPTANCE OF THIS CONTRACT ALLOWING MY PARTICIPATION IN THE ABOVE STATED SPECIAL EVENT AND INTENDING TO BE LEGALLY BOUND THEREBY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR NEGLIGENCE, INJURIES, DAMAGES OR LOSSES THAT I MAY INCUR AGAINST ALL PARTICIPATING AGENCIES INVOLVED IN THE ABOVE STATED SPECIAL EVENT, SPECIFICALLY GRAND VALLEY STATE UNIVERSITY, THEIR RESPECTIVE EMPLOYEES, AGENTS, REPRESENTATIVES, SUCCESSORS AND ASSIGNS, FOR ANY AND ALL ACTIVITIES CONNECTED WITH THE ABOVE SPECIAL EVENT. I ALSO UNDERSTAND THAT I DO HEREBY WAIVE ANY AND ALL RIGHTS OR BENEFITS UNDER THE STATE OF MICHIGAN WORKER'S COMPENSATION/LAW'S FOR ANY INJURY INCURRED AS A RESULT OF MY PARTICIPATION IN THIS EVENT.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18): \_\_\_\_\_ DATE: \_\_\_\_\_

MAKE CHECKS PAYABLE TO RUNNING CLUB OF GVSU

SEND PAYMENT TO RUNNING CLUB, 1 CAMPUS DRIVE, 008 KC, ALLENDALE, MI 49401

\*\$17 Registration by 11/16, \$22 11/16-11/22, \$27 11/23

8 AM Registration