Family Sign up

Name_____

Shirt size_____ Run/Walk(R/W)_____Age_____

Name_____
_

Shirt size_____ Run/Walk(R/W)_____Age_____

Name_____

Shirt size_____ Run/Walk(R/W)_____Age_____

Name_____

Shirt size_____ Run/Walk(R/W)_____Age_____

****Free Long sleeve shirts are for those who register before November 7th. Shirts will be for sale for $10. (LIMITED SIZES)**

About the Gilford Youth Center

The Gilford Youth Center offers various programs for youth, families and seniors. The Gilford Youth Center has a full size gymnasium, fitness room, and game room.

The GYC has opened its doors to the Lakes Region with various programs for all ages, including: Adult Exercise programs, After School Program, Children's fitness classes, Summer Camp, Music and Art Classes.

To learn more about these and more GYC programs, visit

www.gilfordyouthcenter.com.

The Gilford Youth Center also works directly with other organizations, including the Gilford Parks and Recreation, The Laconia Boys and Girls Club, and schools of the Lakes Region.

Gilford Youth Center

19 Potter Hill Road
Gilford, New Hampshire 03249

Phone: 603-524-6978
Email: gccscott@metrocast.net
Web- www.gilfordyouthcenter.com

Gilford Youth Center

6th Annual

Gilford Youth Center

Turkey Trot

5K RACE & FAMILY WALK

Thanksgiving 2013

November 28TH

9:00am Race Time

8:45am Family Walk

Register Before November 5th and Receive a Free Turkey Trot Shirt!!

Race Information

Course:
5K (Gilford Village Area)
Considered a fast, flat course

Where:
Gilford Youth Center
19 Potter Hill Road, Gilford NH

When:
November 28, 2013
8-8:30am Registration
8:45 Walkers Start Time
9:00 Runners Start Time

Cost:
$24 per person
$65 Family (up to 5)
Proceeds will benefit the Gilford Youth Center (a registered 501c (3) nonprofit organization)

FREE TURKEY TROT SHIRT WITH REGISTRATION

Participants who register BEFORE November 7th, will receive a **FREE** Turkey Trot shirt. Additional shirts will also be available to order at the race for $10.

Results from the Race will be posted on the Gilford Youth Center website (www.gilfordyouthcenter.com)
And
on Cool Running
(www.coolrunning.com)

Registration Form

Please print clearly and return form with payment

Name_____

Address_____

City:_____

State: _____ Zip_____

Email_____

Age_____ Male_____ Female_____

I will be: Running Walking (circle one)

Only runners will be officially timed

Shirt Size: (please circle shirt size)

Adult S M L XL XXL

Youth S M L

****Free Long sleeve shirts are for those who register before November 7th. Shirts will be for sale for $10.**

In consideration of accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and forever release any and all rights for claims and damages, regardless of cause, I may have against the Race organizers, Beneficiaries, Sponsors, & Representatives, Employees, Volunteers, Officers, Directors, and Independent Contractors and their successors and assigns for any and all injuries suffered by me in this race.

Signature_____

Signature of Parent/Guardian (if applicant is under 18)

_____

Date Signed_____