

13<sup>th</sup> Annual Gilman Hillbilly Run (5K)  
Saturday, July 29th, 2017  
Gilman, MN

**Sponsored by:**  
**Gilman Park and Rec/Snap Fitness-Foley/Toni Nadeau Insurance Agency/  
Henry Embroidery & Screen Printing/Endurance Shop**

**Registration will be at 7:15 am in the St. Peter & Paul church parking lot  
Early Race Packet Pickup will be from 8:30am - 4:30pm Friday, July 28th, 2017 at  
Toni Nadeau Insurance Agency – Foley, MN**

**Start time:** 5K Start: 7:45 AM  
Kids Fun Run 8:30 AM (Free) Registration that day

**Registration:** \$20.00 if postmarked by July 7th ... \$25.00 after July 7th and Race Day  
T-Shirts and State Farm cinch sacks guaranteed to those who pre-register by  
**July 7th (for 5K only)**

The clock will be stopped 60 minutes after the 5k begins. No pets please. Headphones/earbuds are welcome.  
We ask that you take one out while running so you can hear if necessary.

## Prizes

**\$100 Gift Certificate to the Endurance Shop to overall Male and Female Winners**

Mail entries to: Elissa Brenny  
11983 103rd Ave NE Foley, MN 56329  
(Cut here)

Make Checks Payable to:  
**Gilman Park and Rec**  
(Cut here)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex M \_\_\_ F \_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ T-Shirt Size (Circle) S M L XL XXL  
YS YM YL

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

E-Mail address: \_\_\_\_\_

Knowingly and at my own risk, I hereby enter the Gilman Day's 5K. I or my parent/guardian hereby waive and release any and all claims for damages I may incur as a result of participation in this event, including the City of Gilman, Officials, Directors, Sponsors or Volunteers for said injuries.

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

Co-Signature: \_\_\_\_\_

(Parent/guardian if under 18)