

**Proceeds will go to the
Thompson Community
Food Pantry and other local
Thompson charities**

The Thompson Community Food Pantry serves residents in the Thompson, Reynolds and Buxton communities, with the hope of easing stress caused by these difficult times.

Clients are served in a respectful, confidential manner.

Available at the Food Pantry are non-perishable foods, frozen food products, as well as hygiene items.

We hope this event will make an impact and help individuals and families in our community and surrounding areas.

*Thanks from the Thompson
Running Club and event
committee:*

*Mickey Munson, Sara Munson
Liz Welsh, Darin Praska, Angie
Praska, and Travis Fretheim*

For more information, contact :

Darin Praska

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218-779-6855

<http://thompson trot.weebly.com/>



Southbrook Park, Thompson, ND

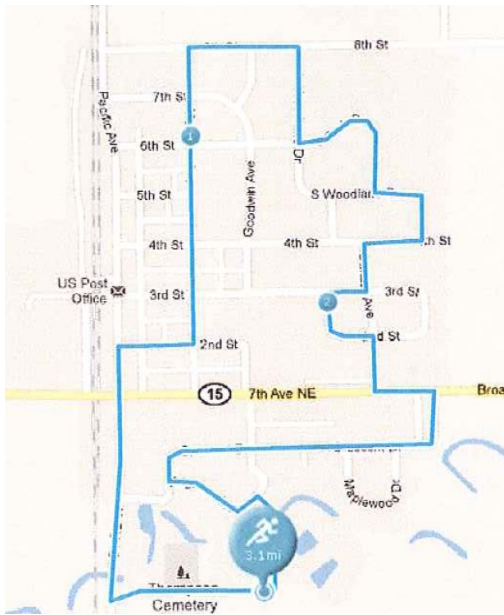
9am Race Start

Saturday July 9, 2016



The Course

Run or walk along the streets of the Community of Thompson. A unique quality of our community is our quaint neighborhoods. Start and Finish in the beautiful Southbrook Park, with plenty of room for the kids to run and play before, during or after the event. This course is ideal for walkers, beginning runners, or even the advanced competitive runners... with the gentle turns through the neighborhoods, and the scenic residential course. Bathroom facilities at the start/finish of the race, with a water stop mid-course.



Registration Fee:

Individual - 13 and over: \$20

Youth 12 and under: \$10

Family: \$50 (Min. of 3, max of 10 members)

**Register by June 19 to
guarantee a T-shirt**

(Make checks payable to the
Thompson Running Club)

Timing & Awards

Traditional timing clock will be used with documentation of your bib number at the finish. The top three finishers for Men's and Women's Divisions will be awarded. Also top 3 youth 12 and under will receive prizes.

Location & Parking

Southbrook Park is located on the South-West side of Thompson. As you come into Thompson along Hwy 15, turn South at the Cenex S&T Quickstop, drive south approximately 1/4 mile, you'll see a large sign for Southbrook Park, turn East/left. As you drive into the park complex, you'll find parking along one side of the road, or be directed into the grass area by a race-day volunteer.

Official Registration and Release

(One registration per person)

Name: _____

Age: _____

Address: _____

City/State: _____

Email: _____

Phone: _____

(circle one)

Gender: M F

T-shirt Size: S M L XL XXL XXXL

Youth Sm Youth Med Youth Large

Signature/Date

Release: In consideration of your acceptance of my/my family entry, I, the above signed, intending to be legally bound, hereby, for myself and/or my family, my heir, executors, and administrators, waive and release any and all rights and claims for damages I have against Thompson Trot, Thompson Running Club, City of Thompson, the county, or state in which the race is conducted and their affiliates, agents, servants, employees, assignees, successors and any other sponsor and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I and/or my family will participate in this event as a footrace, that I and/or my family am/are physically fit and have sufficiently trained for the completion of the event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use my/my family name, likeness and voice as well as any photographs, videotapes, motion pictures, recordings, and any other record of this event in which I may appear for any legitimate purpose including television broadcast of the event and the reuse in any media of this broadcast.

Mail Registration Form and Fee to :

**Darin Praska
1392 7th Ave NE
Thompson, ND 58278**

Or online registration at:

www.thompsontrot.weebly.com