

# 2018 IFBC Timbit 5K Run/Walk

Presented by:

*Tim Hortons*



CALLING ALL TIMBIT LOVERS!! This is a race you will want to sink your teeth into. Come out and celebrate your love for donuts at the "Timbit 5k Run/Walk" presented by Tim Hortons on Saturday August 25, 2018 @ Smokey Bear Park. It will be the tastiest race of the year. At the finish line you can sink your teeth into Timbits. Best costume and spirit award will also be given out at this non-timed event. Sign up today because you DO-NUT want to miss out on this tasty event during the IFBC.

**August 25<sup>th</sup>, 2018 @ 9:00 AM (Smokey Bear Park)**

**\$20**- Pre-registered (15% discount for families with 3+) by August 13<sup>th</sup> **T-SHIRT GUARANTEED**

**\$20**- August 14<sup>th</sup>- Day of Event **NO T-SHIRTS WILL BE AVAILABLE**

\*Registration from 5-6pm on August 24, 2018 (under the ticket tent in Smokey Bear Park).

\*Registration from 8-8:50am on August 25, 2018 (race day)

**Questions:** Betsy Brokaw 218-324-0665, ifbassdash@yahoo.com. Registration forms found at [www.northlandrunner.com](http://www.northlandrunner.com), Advanced Chiropractic, Chamber of Commerce, and Snap Fitness

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone (    ) \_\_\_\_\_

T-Shirt Size (circle one) Youth Sizes- YS YM YL    Adult Sizes- S M L XL XXL

I am entering this event at my own risk and assume all risk and responsibility for injuries I may incur as a direct or indirect result of my participating in this event. I, for myself, heirs, and executors, also agree not to hold any and all participating sponsors and supporters and the directors, employees, and agents of such parties responsible for any claims. I verify that I have full knowledge of the risks involved in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parental signature if under 18 years \_\_\_\_\_

Forms can be mailed to: **IFBC C/O Timbit 5K, PO Box 906, International Falls, MN 56649 or dropped off at Advanced Chiropractic.**