

## PRE-REGISTER AT:

[www.dakotacollege.edu/foundation](http://www.dakotacollege.edu/foundation)

OR

## MAIL IN REGISTRATION FORM:

Please fill out form and mail to:

**DCB LOGROLLERS**

105 Simrall Blvd., Bottineau, ND 58318

Last name \_\_\_\_\_

First name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Gender: ☐ Male ☐ Female

Phone \_\_\_\_\_

Email \_\_\_\_\_

Race: ☐ Run/Bike the (8-Mile) Loop

☐ 5K Fun Run/Walk

Adult Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Any special notes? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ENTRY FEE FOR:

**Run/Bike the Loop:**

\$40 before August 21 — \$55 on or after August 21

**5K Fun Run/Walk/Bike:**

\$30 before August 21 — \$45 on or after August 21

Please make all checks  
payable to DCB Logrollers.

**DCB LOGROLLERS**



## SPONSORS

### GOLD

A Frame Bar & Grill  
Family Vision Center  
Four Seasons Resort  
Loraine Wildlife  
Mikkelsen Aggregate  
North Central Electric Cooperatives

### SILVER

Artz Insurance  
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Farm Credit Services  
First National Bank  
North Star Community Credit Union  
State Bank of Bottineau  
Western Agency

### BRONZE

D&B Body Shop  
Four Seasons Realty & Turtle Mountain Real Estate  
Scheels  
Subway  
Turtle Mountain Communications  
Wold Engineering

## MORE INFORMATION

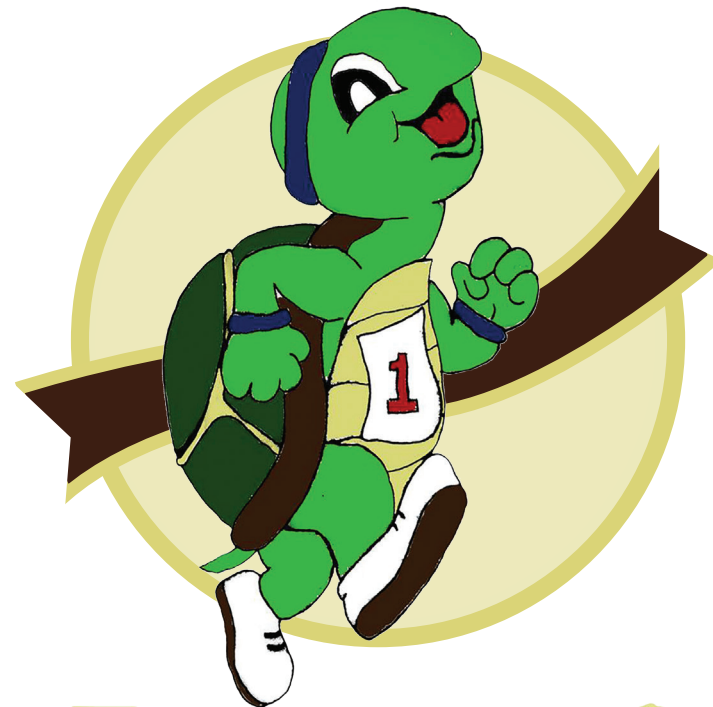
**DAKOTA COLLEGE AT BOTTINEAU**

105 Simrall Blvd, Bottineau, ND 58318

Phone: 701-228-5613

[leslie.stevens@dakotacollege.edu](mailto:leslie.stevens@dakotacollege.edu)

# Metigoshe



# Turtle Trot

## RACE/BIKE the Loop and 5K

## FUN RUN/WALK

**Saturday**  
**August 29, 2020 • 7:30 A.M.**



# Metigoshe Turtle Trot

**RACE/BIKE the Loop and 5K FUN RUN/WALK**

Sponsored  
by  
DCB  
Logrollers

**START & FINISH AT THE BEAUTIFUL A FRAME BAR & GRILL**

## REGISTER

### ONLINE

Register at [www.dakotacollege.edu/foundation](http://www.dakotacollege.edu/foundation) and click on the Turtle Trot link.

### BY MAIL

Send this entry form along with registration fee to:  
**DCB LOGROLLERS**  
105 Simrall Blvd., Bottineau, ND 58318.

## ENTRY FEE

### Run/Bike the (8-Mile) Loop:

\$40 before August 21, \$55 on or after August 21

### 5K Fun Run/Walk:

\$30 before August 21, \$45 on or after August 21

**Kids:** Children 5 and under can participate for free. Ages 6 and up will need to register.

## PACKET PICK-UP

Packet pick-up is on RACE DAY from 7 – 8 A.M.

## RESULTS

Winning results will be posted on [www.dakotacollege.edu/foundation](http://www.dakotacollege.edu/foundation) and on the DCB Logrollers Facebook page following the event.

## VOLUNTEERS

If you would like to volunteer at the Metigoshe Turtle Trot, please email us at [leslie.stevens@dakotacollege.edu](mailto:leslie.stevens@dakotacollege.edu).

## RACE DESCRIPTION

Run, walk or bike the scenic trails around Lake Metigoshe. This course gives runners, walkers, and bikers of all abilities the chance to participate in the spirit of competition. A laid-back, fun atmosphere for participants of all levels combined with timing for the 8-mile loop to appeal to the more serious runners.



## SAFETY

Everyone is encouraged to participate in these run/walk/bike events. To prevent safety related problems we ask that all strollers and assisted wheelchairs line up at the back of the starting field. Dogs are not permitted on the course. Ample volunteers will provide safety along the course during the races. Water will be provided along the course. Bathroom facilities will be available.

## WAIVER

In consideration of the acceptance of my entry, I, the undersigned intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this race, their representatives, and successors, and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficient training for the completion of the race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the preceding and certify my agreement by signing below.

\_\_\_\_\_  
Signature (Required)