

STOMP ON STIGMA 5K

Come join us for the 9th Annual
Run/Walk & Kid's Fun Run



During trying times and uncertainties put in front of us last year with COVID19 we are ready to offer a virtual 5K if we are unable to carry out an in person 5K on May 1, 2021. Either way we are proud to say the 9th Annual Stomp on Stigma is coming soon!!

Beneficiaries include: National Alliance on Mental Illness, Grace House, Kiesler Wellness Center, Grand Rapids/Greenway Boys & Girls Club and Foster Love.



Registration:

\$20 pre-registration 10 years old and up
\$25 day of registration
Children 9 years old and under FREE
Registration race day begins at 8:30 am

T-Shirts for the first 150 registered participants, bike give-a-way, prize drawings, and face painting.

Email: stomponstigma@cmhsreach.org

Saturday, May 1, 2021 - 10:00am - IRA Civic Center

By signing below, I acknowledge that my participation in the 5k Run /Walk involves a risk of injury and assume the risk for same. On my own behalf, behalf of my heirs and to the fullest extent permitted by law, I hereby release and discharge Stomp on Stigma/CMHS of any and all liability for injury, death and/or any other claims incurred by me with any aspect of the 5k run and walk.

Mail form and entry fee to:

Stomp on Stigma
35382 US HWY 2 West
Grand Rapids, MN 55744

I give my permission to use any pictures
taken of me for future event advertisements.



Credit Card Payment Info:

Card Number

Exp. Date and Sec. Code

Name on Card (please sign)

Name

Address

Phone

Age

T-shirt Size: S M L XL 2XL
Circle: YOUTH ADULT

Signature

Date

Signature of parent or guardian if under 18 years of age

Date

Paid: Y N

Cash: _____

Check: _____

CC: _____