Come join us for the 7th Annual

STOMP ON STIGMA 5K

Run/Walk & Kid's Fun Run

Mental Health Matters! 1 in 5 people will experience a mental illness in any given year in the US.

Stomp on Stigma 5K Run/Walk proceeds benefit children and families in our Northern Minnesota community. This year's beneficiaries include: National Alliance on Mental Illness, Grand Rapids/Greenway Boys & Girls Club, Community Café, TAPP Program and Itasca Community College student scholarship.

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 4, 2019 – 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

Credit Card Payment Info:

_____
Card Number

_____
Exp. Date and Sec. Code

_____
Name on Card (please sign)

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

_____
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: _____