

# STOMP ON STIGMA 5K

Come join us for the 9<sup>th</sup> 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 9<sup>th</sup> 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](mailto: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: \_\_\_\_\_